JUNE 2011

FamilyCircle

GREAT GRILLING!

COOL GIFTS FOR GRADS & DADS

12 WAYS TO CLUTTER-PROOF YOUR HOME

SUMMER SLOW COOKER FAVORITES

june

on the cover

Cover Photograph by Romulo Yanes
Food Styling by Cyd McDowell
Prop Styling by Leslie Siegel

in every issue

home

june

118

family

style

health

food

←40

34 →

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applies on wet or dry skin
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#1 DERMATOLOGIST RECOMMENDED SUNCARE

from the editor

June is a month of special occasions for my family. My daughter, Susannah, has her senior prom and then graduates high school a few days before her 18th birthday (how on earth did that happen so fast?); my mother-in-law, Rosemary, celebrates her 70th birthday; and, of course, we have Father's Day. Luckily I can count on our issue to help me make the events even more memorable, from easy ways to spruce up the backyard ("A Summer Place," page 40), to tons of great grilling ideas ("Suppers with Sizzle," page 172), to ingenious tech gifts for dads and grads (page 92). But you shouldn't have to wait for a holiday or birthday to honor family and friends; one of the most important objectives at *Family Circle* is to help you celebrate every day. Enjoy!

Linda

Linda Fears, Editor in Chief
linda@familycircle.com

WIN AN ORLANDO VACATION MAKEOVER!

Visit Orlando wants to transform your family getaway into a trip to remember. Share your vacation challenge and you may be one of three lucky families to win a customized Orlando vacation, including airfare, accommodations and attractions. For more details and to enter, go to familycircle.com/orlando (for rules, turn to page 198).

ORLANDO'S VACATION MAKEOVER

treasuring everyday joy. with Johnson's

THE JOY PROJECT

Johnson's Brand is on a mission to help families across the country appreciate the special moments that fill each and every day. Make this "Promise" and join Johnson's at facebook.com/johnsonsbaby. For every person who takes the promise, the Johnson's Brand will donate $1 to the March of Dimes to help every family experience the joy of having a healthy baby (up to $25 million total).

A FEW OF MY FAVES

ANGEL BY THIERRY MUGLER EAU DE PARFUM SPRAY

I have been wearing this fragrance obsessively since it was launched in 1992—I honestly have not found anything I like better. It smells unique and delicious (thanks to the chocolate, vanilla, caramel & patchouli) and 19 years later I still get compliments. Bloomingdale's, $77

BOB'S RED MILL WHOLE GROUND FLAXSEED MEAL

Ground flaxseed has so many health benefits—including omega 3 fatty acids for heart health, lignans that act as antioxidants, and high fiber for digestion—that it seems like a no-brainer (to me at least) to add a tablespoon to my morning oatmeal or smoothie. Bobsredmill.com, $3.75

ALMAY MOISTURIZING EYE MAKEUP REMOVER PADS

I wear waterproof mascara daily (Lancôme L' Extrême in Black, for those of you who missed my last trio of faves). This is the only remover I have found that effortlessly erases every stubborn bit of makeup and moisturizes at the same time. Drugstores, $5.50

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MOMster® Join our social networking site for moms of teens and tweens: momster.com

Photo: (Fears) Steven DeCanio. Hair: Rosa Miranda for Christo Fifth Avenue Salon. Makeup: Jenny Alves. Styling: Kelly Mealia for Kreative Kouture & Co. Dress: L.K. Bennett from Bloomingdales. Necklace: OLLIE & BOO. Earrings: Clear Quartz Hoop Earrings by OLLIE & BOO.

FamilyCircle

contributors

« **jamie durie**

HGTV host and author of the newly released *The Outdoor Room*, Jamie sees color as a vital component of a beautiful garden. "Look at nature for ideas," he says. "A coral reef, a desert landscape or the peonies in your yard can be so inspirational." For more of his decorating tips, see "A Summer Place," page 40.

« **karin fuller**

Compliments and praise lose their value when doled out too freely, says Karin, the mom who wrote the essay "All Is Not Fair," page 106. "I know it can be hard to deny a child a prize, but it's important for kids to recognize that trophies are even shinier when they're earned."

« **tom corbett**

This New York City-based photographer loved traveling to Playa Del Carmen, Mexico, for "Make a Splash," page 118. "The vibrant colors and upbeat energy of our surroundings absolutely inspired the photo shoot," says Tom. "But I did learn something new through this story: Don't attempt to take pictures on a fishing boat in choppy seas—we almost lost a model!"

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In Memoriam - E.T. Meredith III (1933-2003)

MPA

feedback

Multiple Choice

Thank you for the article "Do Teens Need College?" [March]. I am 22 years old and enrolled in an online public relations program because I didn't think college was right for me. Teens should know it's okay if they decide not to go the conventional route. They always have options.
Tina Roumeliotis, Brooklyn, NY

Natural Selection

I'm happy to see *Family Circle* featuring the hot trend of meatless meals [Inner Circle, April 1]. There are tons of tasty and affordable vegan foods on the market that are not only good for us, but also cruelty-free and less resource-intensive than meat, eggs and dairy. I hope everyone will be "vegging out" at the dinner table in the near future!
Rebecca Fischer, Overland Park, KS
Visit familycircle.com/veggies for the recipes.

Service Learning

I've read your magazine for years, and I applaud its recent focus on those of us who interact with tweens and teens. I have younger children at home, but teach at a high school, where I use your articles about young people involved in their communities to inspire, motivate and educate my students. Keep up the good work!
Margie Kuzminski, Leesburg, VA

Shining Star

As a huge fan of Abigail Breslin I really enjoyed "Little Miss Sunshine" [Family Time, March]. She's a good role model for girls her age and for the self-absorbed celebrities who've lost track of what's really important.
Patti Tillotson, Norfolk, VA

Animal House

I've had the privilege and joy of sharing my life with four English bulldogs who are all very loving and loyal. They each came from a shelter where they were healthy, socialized and housebroken. Having a favorite type of dog doesn't mean you must support breeding. Shelters and rescue organizations are filled with all kinds of dogs in need of loving homes.
Jennifer O'Connor, Largo, FL
Visit familycircle.com/bestdogs to pick the right pup for your family.

TWEET OF THE MONTH

"I almost tackled the mailman this morning when I saw the @FamilyCircle in his hand!" —@tannerlyn

what's online

» Between proms, finals and graduation, it's a hectic time of year. Find end-of-school coping tips at familycircle.com/summerstress

» Get grilling! See our roundup of the best barbecue chicken recipes at familycircle.com/bbqchicken

» Craving something sweet? View delicious peach dessert ideas at familycircle.com/peaches

familycircle.com

Send us your ideas Share your thoughts, stories and photos, and we may publish them. E-mail us at fcfeedback@familycircle.com. All e-mails become the property of *Family Circle* and may be edited prior to publication. Please include your phone number.

INNER CIRCLE

A roundup of smart talk, hot trends and cool stuff

A BRIEF HISTORY OF A LONGTIME LOVE AFFAIR

610 A.D.
Italian monk invents the proto-pretzel—that is, the pretiola ("little reward"), as a treat for children who learned their prayers.

1600s
Snoozing apprentice in Pennsylvania overbakes soft pretzels into crunchy knots—and the Pennsylvania Dutch variety is born.

1935
First automatic pretzel-twisting machine invented in Reading, Pennsylvania.

1974
Steely Dan releases *Pretzel Logic*.

2002
President George W. Bush chokes on a pretzel and briefly loses consciousness.

2004
Launch of the Pretzel Factory Ride, where cyclists bike from the Philadelphia Art Museum to a pretzel store every Tuesday, then gorge themselves silly.

2008
World's largest pretzel (842 pounds, 26 feet long) baked in Neufahrn, Germany.

››› BEST BITES ›››

Do the Twist

Hot, soft, fluffy, with that satisfyingly chewy crust—who doesn't love a homemade-style pretzel? These days bakeries and restaurants are reinventing them as artisanal rolls, braids and baguettes, pairing them with flavored mustards, cheeses and beer sauces, as well as making one-of-a-kind flavors. At Kumo's in Chicago and 3 Square Cafe + Bakery in Los Angeles the treat has become the bun of choice, adding Bavarian flair to burgers and hot dogs (aka pigs in pretzels). Creative chefs are also using crushed pretzels to coat everything from calamari to crab cakes, and tossing them in piecrusts, cakes and ice cream parfaits for a little salty-sweet snap.

From top: pretzel croissant from City Bakery in Manhattan; sesame, pumpkin seed and feta-stuffed varieties from NYC's Sigmund Pretzel Shop.

Photos: Levi Brown.

INNER CIRCLE

BEFORE THEY WERE FAMOUS

Babysitting. Lifeguarding. Scooping ice cream. If your teen has a decidedly non-glamorous summer job, tell her she's in good company—many A-list celebs had humble beginnings before hitting it big. Match the stars with their pre-fame gigs.

A / BRAD PITT

B / AMY ADAMS

C / GEORGE CLOONEY

D / STEVE CARRELL

E / MADONNA

1 / DUNKIN' DONUTS CASHIER

2 / SHOE SALESMAN

3 / MAIL CARRIER

4 / EL POLLO LOCO CHICKEN MASCOT

5 / HOOTERS WAITRESS

ANSWERS: A. 4; B. 5; C. 2; D. 3; E. 1

DID YOU KNOW?

Federal Minimum Wage
2010—$7.25
1980—$3.10

Average Movie Ticket Price
2010—$7.89
1980—$2.69

18.6 MILLION / Number of 16- to 24-year-olds that had jobs in July 2010. Source: U.S. Bureau of Labor Statistics

ILLUSTRATIONS BY BRIAN TAYLOR

MODERN FAMILY PICNIC

Can't get your teens to join you for meals alfresco? They might come along—and even carry some of the load—if you have the totally cool Urban Picnic Box. It holds four compostable trays, small and large bowls, cups, utensil sets, recycled napkins and an eco-friendly trash bag. Boxsal.com, $25

››TRENDSPOTTING››

THE EYES HAVE IT

There's no easier way to make a summer fashion statement than slipping on some cool shades. With retro sunglasses in vogue, we can't decide what to pick—cat eyes or classic aviators, schoolgirl or round-wire frames, a solid color or bright, bold pattern. Maybe we'll splurge on a go-with-everything pair as well as something wild. That way, we're totally covered.

FamilyCircle.com
Check out our favorite retro shades at **familycircle.com/sunglasses**

Stella McCartney, spring 2011

garden glow Hmmm, decisions, decisions—putter in the backyard or curl up in the living room with a book? If you want to dial down anxiety, pick the former. Researchers in the Netherlands discovered that spending 30 minutes gardening did far more to lower the levels of the stress hormone cortisol than reading indoors. "It's about being in nature and having your senses stimulated to an ideal level—not too much, not too little," says Susan Clayton, Ph.D., a psychologist at the College of Wooster in Wooster, Ohio. "This gives the mind room to wander and restore itself."

GAME ON

Don't grumble too much about all those hours your kids rack up on video games—especially your daughters. Researchers at Brigham Young University found that tween and teen girls who played with their parents (mostly their dads, since few moms said they were gamers) were better behaved, felt more connected to their families and demonstrated decreased levels of internalizing, which can lead to depression. In sum, dad + daughter + rock band = joy all around. Happy Father's Day!

Photo (runway): Firstview. Illustration: Daniel Krall.

ALL STUCK UP

Avon, Ohio, is proud to be the duct tape capital of the world. So much so that it holds a three-day festival every June honoring the all-purpose product that has thoroughly adhered itself to American culture. There are games, rides and entertainment, as well as duct tape fashion shows, crafts and sculptures. The winner of the parade-float competition gets $1,000—an amount that could prove helpful in any number of sticky situations.

FORMAL WEAR

Check out duct-tape inspired prom dresses and tuxedos made by crafty teens around the U.S. at StuckatProm.com. (Kids can enter their creations to compete for college scholarships.) Yes, really.

LIT CRIT

2030 by Albert Brooks (St. Martin's Press)
Actor-screenwriter Albert Brooks takes on the future of America by fast-forwarding two decades. In this prescient and entertaining novel, our country is in free fall. Medical breakthroughs coupled with a broken health care system and an earthquake precipitates a clash between the long-living olds and the debt-saddled youngs. Humorous and thought-provoking with an optimistic global twist.

EXPOSURE by Therese Fowler (Ballantine)
Romeo and Juliet gets a digital reboot: Amelia and Anthony, two teens in love, are caught sexting and find themselves in the crosshairs of an overprotective father and an overzealous prosecutor. In this satisfying page-turner Fowler compellingly captures the self-righteous innocence of youth and the misguidedness of adults blind to the repercussions of their actions.

TO BE SUNG UNDERWATER
by Tom McNeal (Little, Brown and Company)
A love affair to remember—and forgot—is what teenage Judith experienced when she met Willy Blunt in Nebraska. Now 44, Judith has the existence she chose—L.A. life with husband and daughter—yet she never truly left Willy behind. Consumed by the unfinished romance, Judith attempts to reclaim their past. Exquisitely heartbreaking.

PILLOW TALK

Two-thirds of Americans sleep with cell phones on or right next to their beds. We might join them, now that there are a bunch of apps that promise to be our fast pass to Dreamland.

Relax & Sleep Well uses hypnotherapy techniques to ease stress and anxiety. (iTunes, free)

White Noise Lite features slumber-inducing sounds like heavy rainfall, chirping crickets and crashing waves. (iTunes, free)

Long Deep Breathing helps you inhale, exhale and chill until you conk out. Bring on the zzz's. (iTunes, 99 cents)

WHO KNEW?

June 21 is not only the summer equinox, it's also the International Day of Slowness. First observed in Milan four years ago, IDOS is all about stopping to smell the roses. We're too busy for that, but we promise to break out the slow cooker.

Photo (tortoise): istock photo.

BY CHRISTINA TYNAN-WOOD

ERRAND-FREE WEEKENDS

It starts while I'm putting groceries away. My daughter, Ava, 12, tells me I forgot "her" shampoo while my 14-year-old son, Cole, picks through the bags in search of deodorant I didn't buy because he never asked me to. Then Dan, my husband, asks, "Did you get chili powder? I want to make chili on Sunday." (Great, but this is the first I've heard of his plans.) If these requests were to pile up all week, by Friday I'd have a list of errands as long as my arm. So instead, I rely on my laptop, smartphone and Web connection to take care of appeals as they pop up—preserving weekends for sleeping in, gardening and enjoying my family.

Check out my strategy in action: **friday, 7 a.m.** At breakfast Cole says he needs new sneakers for phys ed. He's known for weeks but didn't get around to mentioning it—and he's supposed to have them today. Well, clearly that's not happening. Among the choices I pull up at 6pm.com are Pumas he deems "cool." This designer-goods sale site, owned by Zappos.com, won't overnight the shoes for free, but I paid half of typical retail, and they will arrive before his next gym class. I order as he runs for the bus.
8 a.m. As I enjoy a cup of coffee before I head into my home office to start working, I realize that a few things slipped my mind at the grocery store last night. So I go to Alice.com and drop said items in my cart, along with the eco-friendly cleaning supplies I like but can't find at my local supermarket. The prices are great, coupons are applied automatically and shipping is free as long as I order six items. Done.
8:30 a.m. A few seasonings we need are bouncing around in my head: candied ginger, popcorn cheese and artisanal sea salt. A quick trip to Thespicehouse .com yields these, plus the chili powder for Dan, at excellent prices.
12 noon When I open the fridge to grab lunch, the dairy shelf promptly falls off, shattering into a hundred pieces and splattering milk everywhere. (Ugh.) After everything is cleaned up and leftovers are heating in the microwave, I find a replacement part at Repairclinic.com. The photos make it easy to find the right one. A new shelf is en route before I'm back at my desk.
4 p.m. Cole comes home from school and tells me he's exhausted because he can't get comfortable at night. He's been sleeping in the same bed since he was fastening his shoes with Velcro, and he's now 6'1". Guilt kicks in. Despite a ton of work on my afternoon agenda, I take 20 minutes to compare options online. For my money, the best deal is at Overstock .com. Shipping is just $2.95, and a mattress set gets white-glove delivery service. With a few clicks, my son should be snoozing better in about 10 days. For good measure, I snap some pictures of his old bed to post on Craigslist.org to try to snag a few bucks for it.
8 p.m. Friday means once we're done with dinner it's Movie Night. We log on to Amazon Unbox from the set-top box connected to our TV and browse a list of movies to rent (or buy). The kids choose while I make popcorn. The movie simply expires three days later. (Go to Amazon.com to find out if your TV will work with this service.)
10 p.m. Ava has been coughing. Before she goes to bed, I scan the bathroom cabinet only to discover we're completely out of medicine. Come to think of it, I could also use some night cream. I make her some herbal tea, then log on to Drugstore.com to restock and pick up some cosmetics at its sister site, Beauty.com. Once my combined purchase is $49, shipping is on the house.
saturday, 8 a.m. No errands! I grab coffee and go back to bed, Kindle in hand. Since the *New York Times* is automatically delivered to it (and removed just as silently), I don't even have to recycle newspapers this weekend. ●

60% of shopping trips are for so-called instant-need items. Average tab? $15
Source: Nielsenwire

Photo (Wood): Charles Harris.

ILLUSTRATION BY GREG MABLY

Lunchables

Now with fruit.

it doesn't get better than this

Ham + American

Lunchables

fruit

NEW!

Dole

Pineapple

CIRCLE OF *excellence*

EDITOR RECOMMENDED CIRCLE OF FamilyCircle 2011 EXCELLENCE MOM APPROVED

Hats off to the latest and greatest to earn our Circle of Excellence award! This designation goes to home, food and beauty products that wowed our editors and testers—women like you throughout the country. See what scored raves this go-round.

[HOME]

VASKA OXYGENBLEACH, $7
"Just one capful whitens whites but doesn't fade colors. Amazing."
—Amy, Ladera Ranch, CA

FISKARS CUTS + MORE SCISSORS, $20
"This cuts everything from cloth to cardboard easily, and the bottle opener on the side is handy." *—Anne, Garner, NC*

SCRUBBING BUBBLES TOILET CLEANING GEL, $4.40
"I was skeptical, having tried similar products that didn't work well. This really does what it promises."
—Candie, Southaven, MS

CASABELLA MICROFIBER DUSTING CLOTH, $12/2-pack
"Like a magnet for dust! No need to wipe the furniture more than once."
—Linda, Green Cove Springs, FL

SEVENTH GENERATION ALL-PURPOSE SPRAY, $4
"I used this in the kitchen and bathroom and it worked wonders. Rinses clean with no residue whatsoever."*— Kathy, Navarre, FL*

CIRCLE of excellence

BRUMMEL & BROWN SPREAD, $3
"Really flavorful without the funny, oily aftertaste of some other spreads."
—*Theresa, Frisco, TX*

[FOOD]

TRISCUIT CRACKED PEPPER & OLIVE OIL, $3.50
"Excellent! We finished the entire box in two days and then went to the store to buy more. My kids loved them!" —*Tabitha, Gower, MO*

MCCORMICK GRILL MATES SMOKEHOUSE MAPLE SEASONING, $2
"Gave my slow cooker baby back ribs an awesome flavor that my family couldn't get enough of."
—*Lisa, Altoona, PA*

EDITOR RECOMMENDED CIRCLE OF FamilyCircle 2011 EXCELLENCE MOM APPROVED

THE LAUGHING COW CHEESE WEDGES LIGHT GARLIC & HERB, $3.60
"Loved how easy it was to spread on crackers. A light, tasty, nutritious snack I felt good about eating and giving to my children." —*Sarah, Llano, TX*

MICROPLANE ARTISAN SERIES FINE GRATER, $10
"Lemon rind, garlic, nutmeg, cheese, onion—a nice, fine grate for everything."
—*Ardy, Midland, MI*

FamilyCircle.com
To see all of the past winners, go to familycircle.com/circleofexcellence

Photos (Triscuits, McCormick): Bryan McCay.

SWEET'N LOW®
BRAND
ZERO CALORIE SWEETENER

CIRCLE OF *excellence*

DOVE ULTIMATE GO FRESH REVIVE BODY WASH, $4.50
"So gentle on my skin, and the pomegranate and lemon verbena scent is wonderful. A delightful way to start the day."
—Carole, Overland Park, KS

BURT'S BEES BEESWAX LIP BALM TIN, $3
"Instantly provided healing as soon as I applied it to my dry lips, leaving them smooth and kissable."
—Suzanne, Auburn IN

EDITOR RECOMMENDED CIRCLE OF FamilyCircle 2011 EXCELLENCE MOM APPROVED

EUCERIN DAILY SKIN BALANCE SKIN-FORTIFYING HAND CREME, $5.50
"Loved the fragrance, and that it's creamy, not greasy. Makes me smile whenever I use it."
—Lois, Ladera Ranch, CA

[BEAUTY]

JOHN FRIEDA FRIZZ-EASE ORIGINAL FORMULA HAIR SERUM, $10
"Tamed my frizz and kept the split ends from getting worse."
—Patricia, Surprise, AZ

COVERGIRL & OLAY SIMPLY AGELESS CONCEALER, $11
"Terrific! Blended well, looked great and never got cakey." *—JoAnn, Chatsworth, CA*

BUY WITH CONFIDENCE
These items have all been tested by *Family Circle* editors, and readers like you.

Photos (Dove, Bert's Bees, Eucerin): Bryan McCay.

HOME

→ DO-IT-YOURSELF IDEAS → DECORATING STRATEGIES → FAVORITE FINDS

Old Flame

For a pleasant evening outdoors, electric lights don't hold a candle to a natural glow. Perhaps it's the flattering glimmer, but there's something about candlelight that instantly enhances the ambience of a backyard table. Scatter some lanterns around and pop in votives. Or as a long-lasting alternative, opt for battery-operated flameless LED tea lights that flicker just like the real deal (at hardware stores and bedbathandbeyond.com). Recycled glass lanterns (in teal, absinthe and clear), westelm.com, $9 each

Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com

PHOTOGRAPHY BY TOM CORBETT

→ BY KATE DOHERTY

AGE OF AQUARIUM

Get hooked on minnows, whales and other fun fishy finds.

Cat pet mat, chilewich.com, $35

Papier-mâché fish, Stray Dog Designs for West Elm, westelm.com, $34

Garden Fish dinnerware, Pier 1 Imports stores, $7 each

Whale sheet set, llbean.com, from $89

Fish double old-fashioned glass, Sonoma Outdoors, kohls.com, $5

Outfit a living room so it's both a chic entertaining zone and a cozy spot for reading.

PRO *pointers*

Blogger and style enthusiast **Holly Becker** follows the best design trends. The coauthor of *Decorate* (Chronicle Books) and decor8blog.com shares tried-and-true tips she's discovered.

WINDOW DRESSING → For a low-commitment makeover, tie back drapes with velvet ribbons picked up at a craft store—use three different colored ribbons for major impact.

GOOD HUES → When looking for paint, choose a shade or two lighter than what you're drawn to. Paint chips often differ from the final product.

COOL CLICKS → Blogs are a wonderful way to check out new ideas. Try thehappyhomeblog.com, acreativemint.typepad.com and, of course, decor8blog.com.

Quick Change For a DIY custom coaster, slide paper cocktail napkins inside these nifty plastic sleeves and you'll be ready for your next swanky shindig. High 'n' Dry coasters, Two's Company, amazon.com, $35/6

Photos (Pro Pointers): Debi Treloar.

Personal picks from Judy Prouty, our home style director

Order in the House

How I wish I'd been born with the tidy gene—most of the time my m.o. involves sleight-of-hand tricks that create the illusion of order. As in, clear all surfaces of anything unnecessary. Strategically place a few well-chosen accessories. Use clutter-control tools that are so stylish they look like part of the decor.

>> My recipe for success in the kitchen: Make sure all your stuff has a home, and keep like items together—wooden spoons in a container by the stove, skillets in one cupboard, mixing bowls in another. Return things to their designated place when done. And, hello, get the entire family on board.

>> I can't live without an eye-catching catchall in the entryway for keys, pocket change and other bitsy things.

Recycled leather leaf tray | **momastore.org** | **$18**

On the bathroom counter I store essentials like makeup brushes, cotton balls and lipsticks in clear vases of different sizes and shapes. This system lets me grab what I want fast. And empty glass votive candle holders are the perfect size for cotton swabs and hair bands.

>> Being organized isn't just about getting rid of stuff, though of course that helps. It's also about finding pretty ways to display what you use often. Different hats hung on hooks by the door or colorful scarves in a basket on the dresser look like a collection, not clutter.

>> I've gotten pretty good about entering new phone numbers and addresses into my smartphone. But it still makes me happy to stick notes and photos from friends on a jazzy memo board where I can see them.

Jonathan Adler magnetic board | **seejanework.com** | **$18**

Photo (Magnetic board): Bryan McCay. ("Thank You" card on board) Courtesy of Marlena Agency, designed by Point Five Design NYC, drawing by Hadley Hooper. Illustration: Jamey Christoph.

ORGANIZING WITH JUDY

If I'm not careful, my bedside table easily turns into a sorry mess. What merits real estate are those things I use nightly, like a lamp, clock radio and hand lotion. The one "extra" is a chic china dish to hold rings and reading glasses. Aspirin bottles, trinkets and photos only contribute to clutter, so they're banned.

>> Trays are my go-to storage solution for every room in the house. I'll top an ottoman with a tray to store remote controls and magazines. There's a square version on the bookshelf to catch mail, and one on the bedroom side table for catalogs and notepads.

Lacquer wood tray | **westelm.com** | **from $22**

>> For years I've been on the lookout for a cool coatrack. Finally, my search is over. It's a splurge, but this version is both a work of art and a place to hang almost anything—coats, scarves, sweaters, you name it.

Hang On wall hanger | **Normann Copenhagen, aplusrstore.com** | **$96**

>> Decorative boxes hide a multitude of sins and I simply can't do without them. Build a collection in pretty patterns and colors that you'll want to display on shelves.

Blossom Stockholm storage boxes | **containerstore.com** | **from $11**

>> There's no end to what you can corral into a sturdy canvas tote bag (parrottcanvas.net, from $18). I stash cleaning supplies in one in the laundry room and keep a couple in the hall closet for baseball caps and sports gear.

>> I'm an avid recycler, but bills and documents containing personal info tended to pile up when I was too busy (or lazy) to drag the shredder out of the closet. This little gem comes in white or black and is small enough to live within arm's reach atop the desk.

Minimate cross-cut shredder | **staples.com** | **$50**

>> Drowning in mail? Prevent paper pileup in just five minutes a day—flip through, then sort into one of three baskets labeled To Do, File and Recycle/Shred.

Illustration: Jamey Christoph.

Is **Diabetic Nerve Pain** keeping you out of the game?

LYRICA
PREGABALIN CV
capsules

Diabetes damages nerves *which may cause a unique type of pain.**

Lyrica *is believed to work on these damaged nerves.*

*Artist depiction of diabetic nerve pain symptoms

Move towards relief with Lyrica.

Burning, throbbing symptoms in your hands or feet? Lyrica is FDA approved to effectively treat Diabetic Nerve Pain. Over-the-counter pain relief pills are not FDA approved to treat this unique kind of pain. **Lyrica studies showed that patients had less Diabetic Nerve Pain and felt better.**

Start the Lyrica conversation with your doctor today.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT FACTS

LYRICA PREGABALIN capsules (**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet. This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness. Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

Pfizer

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Version January 2010

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A SUMMER PLACE

BREAK OUT THE HAMMOCK, FLUFF THE PILLOWS AND KICK BACK IN STYLE WITH THREE FAB WAYS TO HAVE FUN UNDER THE SUN, COURTESY OF HGTV'S JAMIE DURIE. • TEXT BY KATE DOHERTY

{ROMANTIC}

Decorative details, feminine florals, weathered surfaces

{GLOBAL}

Ornate patterns, playful tassels, exotic elements

{CONTEMPORARY}

Clean lines, bold accents, colorful graphics

"Create a destination that invites you into nature," advises Durie.

{ ROMANTIC RETREAT }

Transport a deck to the English countryside with curvy silhouettes, floral prints and pretty pastels. "We're all good at feathering our nests—so just decorate your outside space as if it were an area inside your home," says Jamie Durie, author of The Outdoor Room *(Harper Design).*

› Rosamund floral outdoor pillow, potterybarn.com, $32

‹ Berkshire garden chair, potterybarn .com, $299

› Madison umbrella with bronze frame, Marimekko, crateandbarrel .com, $180

Choose furniture that looks antique, either new pieces or second-hand gems, suggests Durie. Make sure your picks are meant to be left outside.

•

Play with a mix of patterns in a pale and neutral color palette.

•

Plant roses, irises and other fragrant blooms in nearby containers for a subtle scent and flourish.

•

Create an area for taking shelter from the sun—an umbrella, canopy or pergola stylishly offers shade.

•

Extra touches like charming table linens and an outdoor rug make a patio feel as pulled together as your dining or living room.

‹ Bird and branch table, grandinroad .com, $99

‹ Fiji outdoor rug, companyc .com, from $115

› Outdoor wicker lamp, kohls.com, $200

Photos: (inset, opening spread) Photoshot/Red Cover/Johnny Bouchier; (pillow) Bryan McCay.

{ GLOBAL GROOVE }

Give your backyard a hint of foreign intrigue with low cushions, spicy colors and flickering candlelight inspired by far-flung locales. "It's all about creating a personal oasis where your family can relax," explains Durie.

‹ Alberino lantern, zgallerie .com, $15

‹ Deluxe Mayan, hammock company.com, $100

› Gaughin garden pouf, world market.com, $60

› Oriental Turkish aqua rug, Mad Mats, outdoorrugsonly .com, from $50

‹ Laguna pool lounger ($250), summer goddess cushion ($90), elephant pillow ($20), world market.com

‹ Essential garden Loki honeycomb firepot, kmart .com, $13

‹ Nikko fountain, zgallerie.com, $30

From cool summer evenings through crisp autumn days, a firepit extends the season.

•

For a meditative and soothing accent, add a bubbling tabletop fountain (they're a cinch to set up) or just float flower heads in a bowl.

•

Scatter chaises, floor pillows and poufs in weatherproof fabrics for lounging. To make a major impact, Durie suggests arranging a daybed with plenty of cushions.

•

Select pieces that have a handmade artisan feel. Seek out materials like hammered metal, rough-hewn wood and dark wicker.

•

Opt for bamboo and large-leafed plants rather than delicate blossoms.

Photo (inset): Bill Stites.

{ CONTEMPORARY COMFORT }

Sleek shapes and electric hues are the calling cards of a modern lounge area. "Your outdoor room should be an extension of your personality and character," notes Durie.

› Alfresco spinning pillow, Marimekko, crateandbarrel .com, $25

‹ Formosa tray table, cb2.com, $50

› Imageo LED changing table lights and charger, Philips, amazon.com, $75

Add a graphic punch to streamlined metal furniture with accessories in geometric designs.

•

When the sun goes down, try solar-powered lamps and LED lanterns for illumination.

•

No need to buy new chairs. Durie recommends just replacing the cushions—like updating faded chintzes with dynamic stripes—for a quick style makeover.

•

Forgo plain white paper plates in favor of vibrant melamine dinnerware; it's festive and can be used again and again.

•

Spruce up your table with a fresh coat of paint. High gloss works best for a polished finish.

› Brook Collection table ($230), chairs ($200/2), Strathwood, amazon.com

› Striped melamine plate, Target stores, $2

‹ Malé rug, fabhabitat.com, from $48

Photos: (inset) Photoshot/Red Cover/Mark Williams; (plate) Bryan McCay.

Crafty ideas from a style-savvy mom

BY SUZONNE STIRLING

Top Drawer

While cruising one of my favorite vintage furniture haunts the other day an old sideboard caught my eye. I hesitated about buying the piece—I wasn't looking forward to the time-consuming stripping-and-priming process. That's when I thought of milk paint. Yes, milk is the main ingredient that gives surfaces a saturated color-washed effect. The paint needs no priming, is durable and eco-friendly (no VOCs). It's the ticket for getting a rich, matte finish in a flash.

BEFORE

Step 1 → Mix milk paint powder with water in a plastic or metal container and stir until smooth following label directions. Use one of the colors available or customize your own. I used a blend of cobalt, white and French gray (from realmilkpaint.com) for this project.

Step 2 → To prepare for painting, remove all hardware and strip furniture to bare wood with a nontoxic stripper.

Step 3 → Apply a coat of milk paint using foam brushes, wide widths for broad surfaces, narrow for legs and trim. The first coat will absorb quickly and look streaked. Let dry for about two hours—the surface should not be tacky to the touch—then apply the second coat. Milk paint gives opaque coverage and a somewhat variegated look, which is why it's popular for refinishing antique furniture.

Step 4 → To create a lightly distressed look, sand the edges of the furniture with a medium-grit sanding sponge and wipe clean with a damp cloth. Smooth any roughness on the surface with a fine-grit sanding sponge.

Step 5 → The resulting finish will be matte. Apply Mylands wax to the surface if you prefer some sheen.

useful tips

→ If hardware is in good shape, there's no need to replace it. Strip off any paint residue and sponge on a light coat of metallic acrylic craft paint using a damp sponge.

Suzonne Stirling blogs at **urbancomfort.typepad.com**

SEE BUYER'S GUIDE, PAGE 198

PHOTOGRAPHY BY **BRYAN MCCAY**

When you realize depression has left you nowhere to go.

Important Safety Information (continued)

- about your alcohol use
- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

DD CON-A ISI 10NOV10

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Cymbalta® duloxetine HCl DELAYED RELEASE CAPSULES

Lilly

Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.
You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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FAMILY

→ NEWS → VIEWS → FUN ACTIVITIES THAT KEEP YOU CONNECTED

Photo: ableimages/Masterfile.

Lost in Translation

Research from the Partnership for a Drug-Free America found that a third of parents believe computers and texting make it harder to communicate with teens about risky behaviors like sex, drugs and alcohol. Turns out kids are using cutesy shorthand to chat about things they don't want their parents to understand. How can you decode your kids' talk? Plug their texts, instant messages or Facebook chatter into noslang.com, a free site that translates for parents. (FYI: PIR means parent in room.)

→ BY CELIA SHATZMAN

WISE GUYS

Celebrate Father's Day on June 19 by matching each iconic TV dad with one of his memorable quotes.

① Homer Simpson, *The Simpsons*

② Danny Tanner, *Full House*

③ Ward Cleaver, *Leave It to Beaver*

④ Phil Dunphy, *Modern Family*

A: "Am I the raddest, baddest dad a kid ever had?"

B: "I'm the cool dad. That's my thang. I'm hip. I surf the Web. I text. LOL: laughing out loud. OMG: Oh my God. WTF: Why the face?"

C: "Kids, you tried your best and you failed miserably. The lesson is, never try."

D: "Believe it or not, I was your age once."

ANSWERS: 1. C; 2. A; 3. D; 4. B

22%

of teens don't budget their money, according to a recent Junior Achievement/Allstate Foundation study. Get your kids on a smart spending track with BankIt.com. The site, created by Capital One and Search Institute, provides tips so parents and kids can learn to discuss, manage and save dough.

STAR STRUCK

The always-entertaining **MTV Movie Awards** spotlights a year's worth of box office highs and lows. Before the 20th anniversary show airs live from Los Angeles Sunday, June 5, at 9 p.m. est, take a look at a few fun facts from the last two decades:

Biggest winner, male: Jim Carrey (11 MTV Movie Awards, including 2006 MTV Generation Award)

Biggest winner, female: Uma Thurman and Alicia Silverstone (4 awards each)

← **Most frequent host:** Mike Myers (1997 and 2008) and Jimmy Fallon (2001 and 2005)

Movies with most wins: Twilight Saga (9), The Lord of the Rings Trilogy (8), Terminator Trilogy (6)

FUN SUMMER READS

← OH BOY

Your Life in Comics: 100 Things for Guys to Write and Draw by Bill Zimmerman (Free Spirit Publishing) is an interactive book filled with blank comics. Tween boys are encouraged to use stories from their own lives to write dialogue and create comic strips.

← TESTING 1, 2, 3

F in Exams: The Very Best Totally Wrong Test Answers by Richard Benson (Chronicle) has 250 laugh-out-loud student responses to test questions. Our favorite: Q) What is the highest frequency noise that a human can register? A) Mariah Carey.

AND... ACTION!

Kick off your summer with the season's hottest blockbusters. These flicks are packed with in-your-face thrills.

X-Men: First Class
(June 3)
The 1960s-set film follows the story of Charles Xavier (Professor X) and Erik Lensherr (Magneto). Before becoming sworn enemies, they were best friends, working together to uncover the scope of their superpowers. *Starring James McAvoy, Kevin Bacon and January Jones*

....

Green Lantern
(June 17)
After test pilot Hal Jordan becomes the first human to be inducted into the Green Lantern Corps, a secretive group of warriors, he must earn their trust and protect the fate of planet Earth while confronting the super-villain Parallax. *Starring Ryan Reynolds, Blake Lively, Mark Strong, Peter Sarsgaard and Angela Bassett*

....

Cars 2
(June 24)
In this high-speed 3-D sequel—with a cast of new and old rides—the infamous race car and tow truck are now secret agents, sent on a mission to the first World Grand Prix. *Starring Owen Wilson, Larry the Cable Guy, Michael Caine and Bonnie Hunt*

→ BY CASSIE KREITNER

Strawn's Eat Shop

House in opening credits of *True Blood*.

POPULATION: 200,145

CLAIM TO FAME: Known as the Hollywood of the South, the city has recently become the third-biggest venue for movie-making in the U.S., after New York City and Los Angeles.

The McCrary Family: Michael, 13; Sammy, 11; Mike; and Michelle

Shreveport, LA

Michelle McCrary stills finds new things she enjoys about her childhood hometown—its bustling arts district, riverbank attractions and renowned local eateries, to name a few.

Mike and I grew up in Shreveport and have been together since eighth grade. We love living here and couldn't imagine leaving. Shreveport has all the conveniences of a big city, but it's small enough that you'll still run into familiar faces. **Barksdale Air Force Base** is in the middle of the Shreveport-Bossier area, and huge crowds gather to send off and welcome home the troops. Mike is an Army National Guardsman, and the community was extremely supportive during his two deployments to Iraq.

Laissez les bons temps rouler, or Let the good times roll, is our unofficial state motto, and we always have fun at **Festival Plaza**, which hosts around a dozen happenings each year. Our favorite is the **Red River Revel** in October. Nearly 200,000 people attend the weeklong event, which showcases work from local artists along with live music and exhibitions. Michael and Sammy look forward to participating in **Lee's Kung Fu and Tai Chi**'s martial arts demonstration—the boys take classes at the center three times a week.

Downtown Shreveport's **Texas Street** is lined with historic churches and is also a thriving arts district—home to theaters, museums and galleries. We practically live at the **Robinson Film Center**, where independent and foreign films are shown, along with Friday night cult classics. In 2010 the boys produced and starred in a short film, *Fried Night*, which was screened in the student division of the Louisiana Film Festival.

Many of the restaurants Mike and I frequented as kids are still here. One of our longtime favorites is **Strawn's Eat Shop**, a classic 1940s diner famous for its Strawberry Icebox Pie. It's even been featured on the Food Network and Travel Channel! Hand-painted murals of celebrities and well-known locals who have dined at the restaurant decorate the walls.

Encouraging our sons to be philanthropic is very important to us. Every October on **World Zombie Day** I coordinate a "Zombie Walk" food drive at the **Mall St. Vincent.** At least 50 cities across the world host similar events. Last year a few hundred people arrived in costumes and we collected 800 pounds of food for the Northwest Louisiana Food Bank. Attendance has increased every year, and it's great to see people come together and support a good cause! ●

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to **hometown@familycircle.com**.

Illustration: Joel Holland.

PHOTOGRAPHY BY SCARLETT HENDRICKS

GOOD WORKS

→ BY CELIA SHATZMAN

CAUSE →

P² D²

WISCONSIN PRESCRIPTION PILL AND DRUG DISPOSAL

JORDYN SCHARA, 16

Hometown → North Freedom, Wisconsin
Family → mom Krystal; dad Jeffrey; brother Josh, 20

Jordyn Schara wanted to create a nonprofit to help her hometown, so she started researching local issues. When she learned that the same pills kids were using to get high were also harming the water supply, she knew she had found her cause.

Jordyn discovered that "after marijuana, prescription drugs are the second most prevalent drug problem in this country." She realized that one way to prevent teens from abusing these drugs was to give parents a safe place to dispose of their old pills, which in turn would end up benefiting the environment.

Generally, it is advised not to dispose of leftover antibiotics, heart meds or hormones—there are a few exceptions—via the toilet or sink, since they may contaminate our drinking water. And when thrown in the trash (where kids or pets could find them), they end up in a landfill, leaching into the soil and entering groundwater supplies. By providing her town with a drug-disposal box, Jordyn found a way to help her community's teens while protecting its water.

She reached out to other drug disposal programs to learn how they got started. She gained support and raised awareness by speaking at schools and organizations such as the Rotary, Kiwanis and Elks clubs, which also offered financial support. This enabled Jordyn to launch her nonprofit, HOPE (Helping Our Peers Excel), the umbrella organization for Wisconsin Prescription Pill and Drug Disposal (P^2D^2).

P^2D^2 held its first drug disposal drive in September 2009 at a police station and collected 440 pounds of medication. When the second drive in April 2010 rounded up another 370 pounds, Jordyn decided to come up with a day-to-day solution—a permanent disposal box at the police station. Fundraising efforts are ongoing, since it costs $3 a pound to properly destroy pills.

Jordyn has helped several towns start their own programs; she hopes P^2D^2 will eventually branch out nationwide. "The more people know," she says, "the less likely they are to abuse meds." ●

Visit P^2D^2's page at dosomething.org to learn more and get involved.

KNOW SOMEONE WHO'S HELPING TO CHANGE YOUR COMMUNITY? Send details along with a photo to goodworks@familycircle.com.

PHOTOGRAPHY BY DREW NEERDAELS

LIKE MOTHER, LIKE DAUGHTER

YOUR INFLUENCE AS A HEALTHY ROLE MODEL

MOTHERS HAVE A UNIQUE OPPORTUNITY –

and a powerful responsibility – to influence the next generation of women. Whether they know it or not, mothers are powerful role models for their daughters' health, physical activity, dieting behaviors, body image and self esteem.

NUTRITIOUS EATING

Children can easily pick up the eating practices of their parents. Studies show that a mother's decision to drink milk more frequently and to eat more fruits, vegetables and whole grains helps influence her daughter's choices. In particular, if a mother drinks milk, her daughter is more likely to drink milk.

PHYSICAL ACTIVITY

Mothers can also play a positive role in influencing their daughters' activity level – both by explicit modeling of behavior and logistical or tangible support, such as providing transportation to activities. Providing this support may be especially important for young girls who do not perceive themselves as being athletic.

DIETING BEHAVIORS, BODY IMAGE AND SELF ESTEEM

A mother can help shape her daughter's positive approach to a healthy weight. Research shows that early awareness of body weight is associated with a low self-worth in girls as young as 5 years of age. Adolescent girls who perceive that their mother is frequently trying to lose weight are more likely to be preoccupied with weight themselves and more likely to become constant dieters.

"LIKE MOTHER, LIKE DAUGHTER:

Exploring the Crucial Link Between Mothers, Daughters, Food and Health" takes a look at the scientific evidence exploring the mother-daughter relationship and the power of leading by example. Here are a few things YOU can do to help pass on your health legacy:

Like Mother
Like Daughter
A Revealing Look at the Crucial Link Between Mothers, Daughters, Food and Health

Eat Nutritiously: Kids will do as you do, so eat the foods and beverages that you want your children to consume. Encourage lowfat or fat free milk at every meal.

Make Meals Matter: Make family meals a positive time for you and your kids. Avoid criticism and enjoy your time (and your food) with your family.

Get Active: Be active to set a good example for your kids. Avoid unhealthy habits and find your family's favorite ways to be active together.

Focus on the Positive: Avoid making negative comments about food, your body or your child's body. Boost your daughter's self-esteem by complimenting qualities beyond just appearance.

got milk?®

For a full copy of the research and more tips and information, please visit **whymilk.com.**

MOMster

MOMS WERE ASKED:

You are your daughter's most important role model. How do you act accordingly?

7%
I give back to the community by volunteering.

9.3%
I do my best to eat right and exercise regularly.

14%
I make sure we live within our means, financially.

69.8%
All of the above.

JOIN THE CONVERSATION!

Visit **Momster.com** and join the Raising Daughters discussion with other moms just like you.

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sticky fingers

Teen shoplifting is more common than you might think—and the consequences are far harsher and longer-lasting than you can imagine.

By Sarah Mahoney

72% of adolescent thefts are unplanned. 60% stole knowing it was wrong.

Source: National Association for Shoplifting Prevention

Shortly after 17-year-old Terry (who asked that her real name not be used) moved to Colorado Springs, her new friends urged her to skip choir practice and come to the mall. "We started trying on clothes at this one store, and someone suggested we take them," she says, "so I shoved a $10 belt in my bag." As she walked toward the exit, her cell phone rang. "It was my mom, asking if I wanted to go out to dinner," says Terry. At that moment, store security surrounded the teens. "I have to go," Terry told her mom. "I think I'm being arrested."

The hours that followed were a nightmare. "They escorted us into the security room to wait for the police," says Terry. "I was officially charged with taking $75 worth of stuff, the amount all of us stole, even though my item was only $10. The worst was when my mom arrived. She kept saying I'd never do such a thing. And they were like, 'Listen, lady, we have it on tape.' I finally had to say, 'No, Mom, it's true. I did it.'"

Young minds, no brakes

Parents always want to understand *why* kids steal, says Patricia Ruffini, executive director of Colorado Springs Teen Court (a nonprofit alternative sentencing program), which eventually handled Terry's case. "But most adolescents can't explain themselves," she says. "In rare cases, genuine need is the issue. Some are troubled and looking for attention, or lashing out at authority. And many, like Terry, do it to fit in with peers."

If an explanation for the bad behavior is hard to nail down, what happens in a teen's head—or doesn't—is simpler to decode. "Seventy-two percent of teens say they didn't plan to take anything," says Barbara Staib of the National Association for Shoplifting Prevention (NASP). "Most often these crimes aren't premeditated." Instead, impulse, combined with teens' general lack of judgment, takes over. And when summer comes, with less structure and supervision, there's an even greater chance of this knee-jerk stealing. "The courts and the police tell me that when kids have a lot of free time," says Staib, "it increases the likelihood they'll get in trouble."

Minor thrills have major repercussions

Shoplifting is a greater problem than ever, driven up by high teen unemployment and tighter family budgets. A leading industry study found that 61% of stores have seen a jump in what they call "amateur or opportunistic" theft. And NASP, which provides court-mandated educational programs for non-professional offenders, reports that requests for its services have risen 37% since the start of the recession.

Concerned retailers are countering the trend with more prosecutions—regardless of how old the thief is or how much he's stolen. One major chain lowered the age for pressing charges from 18 to 16, and decreased the time stores give parents to get there before police are called, from 90 minutes to an hour. And the cops don't come just for show. Two years ago store detectives caught 16-year-old Ryan (not his real name) stuffing polo shirts under his coat at the Mall of America in suburban Minneapolis. "I was arrested, handcuffed, loaded into the back of the cruiser, fingerprinted and put in a cell until my parents came," Ryan says. "It was humiliating." There's a simple motive for these measures—prosecution, along with educational programs, is the number one deterrent to future thefts.

danger zone

Shoplifting by itself is always serious. But it can also be a warning sign of deeper problems. "Kids who engage in minor forms of delinquency are at increased risk for other, worse criminal behavior," says Joseph P. Allen, Ph.D. "There's also a connection to alcohol and substance abuse, and unprotected sex." Ask your pediatrician for a referral to a psychologist or psychiatrist if your teen:

- Steals from family or peers
- Continues taking things even after being caught
- Starts at 13 or under
- Is already in other trouble, for fighting, truancy or poor school performance

Once a tween or teen is in the legal system, he faces tougher treatment than in the past. "Juvenile courts have become much more punitive," says Sandra Simkins, a lawyer and the author of *When Kids Get Arrested* (Rutgers University Press). Almost every state has revised its code so that records aren't wiped clean at 18, as they once were, and Internet databases mean even minor convictions may stick. This can lead to difficulty getting into college, earning scholarships and finding work.

The anonymity myth

The rise in kids' tech usage has added a new dimension to shoplifting. "Teens are going on trading sites like Craigslist or eBay, as well as Facebook, Twitter and their cell phones to sell what they grab from brick-and-mortar stores," says Staib. "They tend to feel the rules don't apply in cyberspace." And assuming that nobody knows who they are, kids conclude they're safe. But they're not. These sites have investigators who work directly with retailers to connect goods a store is missing with the UPCs or other codes from items people are selling online.

Getting caught is tough enough for teens and their families, but what's also at stake is a moral standard. There's alarming evidence that adolescents' values are already slipping. According to the Josephson Institute, which tracks adolescent thoughts and attitudes, almost one in three kids say they've stolen from a store. Yet 92% of teens overall say they're satisfied with their ethics—meaning there's a large group who steal but don't see anything wrong with it. Selling stolen goods online, especially if you aren't discovered, feels so easy it can reinforce the notion that what matters is not whether you're doing what's right, but whether you're getting away with it.

Not my kid

Shoplifting is an equal-opportunity crime: Boys and girls steal in the same numbers, and every economic and social group is affected. "There are angry teens, often in poverty, who steal out of rage," says Neil Bernstein, Ph.D., author of *How to Keep Your Teenager Out of Trouble and What to Do If You Can't* (Workman Publishing). "And there are

Photos: (opening spread, hand) Andy Crawford/Getty Images; (handcuffs) Creative Corp/Getty Images. (this page) Bubbles Photolibrary/Alamy.

Family Circle's Favorite NEW Items for Summer

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call to action

Discovering that your child has been caught shoplifting requires a careful response.

1. Ask what happens next. ▸▸ Find out if your child will be charged and whether he needs to appear in court. Even without the legal system involved, expect that he'll be banned from that store or chain and that his name will be entered into a database shared by the retail industry. You probably will also have to pay a fine. "Stores usually expect reimbursement for their trouble as well as for the stolen merchandise," says Joseph LaRocca of the National Retail Federation. The additional sum is usually a few hundred dollars. (Court fees tend to be about the same.)

2. Hold off on reacting. ▸▸ Avoid any important conversation until you've cooled off. "Yelling in front of strangers won't accomplish much," says Jen Gustafson, a social worker who counsels Minneapolis teens. "And you'll probably say things you don't mean, or issue punishments you can't enforce. Stating, 'I'm so upset I can't talk to you right now' will buy you time to plan out appropriate consequences."

3. Discuss trust. ▸▸ When you're ready to talk, clearly let your teen know that she has lost your trust. "Kids need to hear how angry and disappointed you are," Gustafson says. And they also need to know they can earn back your confidence by responsibly making the amends the courts (if the case went that far) and you have laid out. You might ban shopping trips for a set period, give extra chores and schedule additional volunteer work. Also set up a plan for your child to repay you for any expenses.

4. Make sure your teen understands the law. ▸▸ If the store presses charges, author Sandra Simkins suggests hiring a lawyer. But tell your child this doesn't mean he's getting off. "Explain that once he's been arrested," says George Kapalka, Ph.D., "he has crossed an important line where you can't shelter him."

5. Maintain perspective. ▸▸ "Children need to know that even though shoplifting isn't life or death, it's a big deal," says Barbara Staib of NASP, "and their job is to learn from their mistakes." The good news is that for most families the episode passes quickly—in fact, only 1.6% of kids who attend court-ordered programs shoplift again.

affluent ones, with credit cards in their wallets, who do it for sport." (Terry had enough money on her to buy the belt she swiped.) While teens with a history of behavioral problems sometimes steal, it's actually kids who seem to have the fewest problems who are most likely to shoplift. "The most popular kids at middle school are between two and three times more likely to shoplift than other children," says Joseph P. Allen, Ph.D., coauthor of *Escaping the Endless Adolescence* (Ballantine Books). "It's not that their motives are sinister. They do it to participate in whatever they see their peers doing."

Whoever's involved, it's easier to predict what teens will take. "They're most likely to grab hot products, like iPods and video games, as well as any items that are small, high in value and can easily be concealed," says Casey Chroust, executive vice president of the Retail Industry Leaders Association. Restricted products, such as cigarettes and condoms, also have special appeal. (Girls are generally more likely to reach for makeup, jewelry and clothing, while boys grab electronics and clothes.)

Prevention plan

Teen shoplifting is common, but it's not a rite of passage. Like other bad behavior, it can be headed off, and education is the way to hold kids to high standards.

- **Teach on the spot.** When you're in a

Photo: Pinto/Corbis.

"The most popular kids at middle school are more likely to shoplift. It's not that their motives are sinister. They want to be like peers."

DIY justice

Agonizing decision: What to do if *you* are the one who catches your teen.

Should you turn her in to the store? Barbara Staib of NASP suggests calling the loss-prevention department to make sure it won't go to one of two extremes—pressing charges or brushing it off by saying, "Oh, don't worry about it." Once you've established the situation will be handled appropriately, accompany your child to the store and have her either return the items or pay for them. Social worker Jen Gustafson also suggests that you have your child write a short letter of apology and read it out loud to the manager. "That's a very humbling, powerful experience," she says. Staib advises against bringing in the police. "Education is the ideal response," she says. "You can't force kids not to steal. But if you make them understand why it's a bad idea, most will arrive at the correct conclusion on their own."

store with your child, occasionally point out the many ways—cameras, magnetic tags, security guards—that the facility keeps an eye on everyone. Mention that stealing is not only wrong, but people who take things can be arrested, banned from stores and malls, have their picture displayed in public, and be sent to court and sometimes even to jail.

• **Focus on the victims.** Kids often think, "What's the big deal?" A monster-size store can spare a few pairs of jeans. Explain how retailers have to charge more to compensate for theft, and that many little shops go out of business because losses cut so deeply into their income. Point out the social consequences too: Since sales tax isn't collected for stolen items, schools and fire departments are shorted, says Joseph LaRocca, a security expert for the National Retail Federation. You might think teens would roll their eyes at these appeals to fairness, but, in fact, most respond positively. For that reason, juvenile courts often require adolescents to face the ones they've harmed. "We had one kid whose mom, a single parent, had recently lost her job," says Ruffini. "He had to listen to an unemployed woman, also a single mom, explain how she was laid off, in part because of theft. They both wound up in tears."

• **Monitor their stuff.** Keep up with day-to-day changes in what children are wearing, and periodically scan the house for new clothes, CDs, DVDs, video games, electronics and jewelry, suggests Allen. "When kids know you'll say, 'Where did you get that?' they're less likely to take something," he says. If you suspect your child may have stolen, ask follow-up questions in a matter-of-fact tone. "You don't want to make your child feel you don't trust her or that you expect her to take things because other kids do," says George M. Kapalka, Ph.D., author of *Parenting Your Out of Control Child* (New Harbinger Publications). "Adolescents naturally distance themselves from parents, and you run the risk of pushing them further away." You also don't want them to end up thinking, "They don't trust me anyway, so I might as well do whatever I feel like."

• **Talk about values.** Just as you periodically remind kids about your rules on drugs and alcohol, offer a few words about shoplifting from time to time. It might come up in the news, or they could bring it up in conversation—according to NASP, 89% of teens know kids who've stolen. Certainly, advises Bernstein, when your teen is off to the mall without you, say something like, "I'm giving you more freedom. That also means more responsibility. I'm counting on you to do the right thing and to behave in a way that is honest and doesn't hurt other people." ●

Photo: INSADCO Photography/Alamy.

SIMPONI®, used with the medicine methotrexate, is for adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI® (golimumab) is a prescription medicine. SIMPONI® can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI® and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI® if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI®, the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI® should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI®. Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI®. Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers, including SIMPONI®. Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers, including SIMPONI®, can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers, including SIMPONI®. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI® such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI® include: upper respiratory tract infection, nausea, abnormal liver tests, skin reaction at site of injection, high blood pressure, flu and cold sores.

Please read the Medication Guide for SIMPONI® and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Call 1-800-FDA-1088 or visit www.fda.gov/medwatch.

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Medication Guide

MEDICATION GUIDE
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(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SIMPONI?

SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.

- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:

- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - warm, red, or painful skin or sores on your body
  - muscle aches
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - shortness of breath
  - feel very tired
  - blood in phlegm
  - weight loss
  - cough
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor, if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer

- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?

SIMPONI is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker. SIMPONI is used in adults:

- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?

SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:

- have an infection (see "What is the most important information I should know about SIMPONI?").
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect® autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:

- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?

- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect autoinjector. Your doctor will prescribe the type that is best for you.

- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?

SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?"**

Serious Infections

Hepatitis B infection in people who carry the virus in their blood.

- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - clay-colored bowel movements
  - skin or eyes look yellow
  - fevers
  - little or no appetite
  - chills
  - vomiting
  - stomach discomfort
  - muscle aches
  - skin rash
  - dark urine

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicines, including SIMPONI, have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF-blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- sinus infection (sinusitis)
- nausea
- flu
- abnormal liver tests
- runny nose
- fever
- high blood pressure
- cold sores
- bronchitis
- numbness or tingling
- dizziness
- redness at the site of injection

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of Lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI

- Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.

Inactive ingredients: L-histidine, L-histidine mono-hydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

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This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi®
golimumab

Comfort & JOY

Cynthia Kerr has devoted herself to bringing a little color—and lots of smiles—to the hospital rooms of sick children, one pillowcase at a time.

By Sondra Forsyth

Photography by Chris Crisman

Cynthia Kerr's home in Wayne, Pennsylvania, has been taken over by pillowcases. Floor-to-ceiling piles are everywhere, sorted by design—butterflies, princesses, dinosaurs and superheroes for little girls and boys; lipstick, rock stars, cars and computers for tweens and teens. The doorbell rings, and a volunteer worker for Cindy's nonprofit group, ConKerr Cancer, arrives with yet another batch. The two women exchange smiles and laughs, knowing the handmade items will elicit the same reactions from those who will eventually receive them—children struggling with life-changing injuries and illnesses. "We've given away more than 340,000 pillowcases to everyone from toddlers to teens, and e-mails keep pouring in from parents who say the cases have helped

their kids get through all the poking and prodding and fear," says Cindy, 54. "That's our mission—to lift their spirits and brighten their days."

Cindy's dedication is truly heartfelt. ConKerr Cancer began in 2002 after her 12-year-old son, Ryan, was diagnosed with osteosarcoma, a rare form of bone cancer. "I took him to the doctor after he banged his right knee in a bike accident, and by chance they found the tumor," she recalls. "We were in shock when we learned that around a third of kids with the disease don't make it. But we held on to the hope that Ryan would be a survivor." Shortly after he began chemotherapy at Children's Hospital of Philadelphia, Cindy thought of a special way to cheer him up. "I've been sewing since sixth grade and had a lot of leftover fabric," she says. "I figured a fun pillowcase would be the perfect gift for a kid stuck in a hospital bed. I found some cloth with hamburgers on it, which is his favorite food, made a paper pattern and got to work."

Ryan was delighted with his present. And during the five long nights that Cindy sat with him for that initial round of chemo, the idea of making cases for other stricken children came to her. After Ryan was discharged, Cindy quickly made up her mind to take action. She had been a stay-at-home mom since the first of her three children was born in 1984. But with a master's degree in business and several years of experience in marketing, Cindy was confident she could launch a successful nonprofit. The entire family—husband Gavin, 54, a corporate executive; daughters Ashley and Katie, then 18 and 15; and, of course, Ryan—agreed. After a friend of Ryan's suggested the name ConKerr Cancer, the family gathered around the dinner table one night and came up with the group's tag line, "A Case for Smiles." "Everybody really pitched in," Cindy says. "Gavin gave up his home office space so I could have room to set up shop. He also helped me organize a glow-in-the-dark evening golf tournament to raise money for fabric and sewing supplies. The girls asked friends and parents to contribute to the cause and held their own fundraisers. Someone we know ran a triathlon and asked people to sponsor him by donating to ConKerr Cancer."

Cindy (at home with daughter Katie and husband Gavin) couldn't have launched ConKerr Cancer without her family's support. "Everybody really pitched in," she says.

Cindy also taught the kids, Ryan included, how to use the sewing machine. He helped make pillowcases when he felt up to it, but successive rounds of chemotherapy increasingly sapped his strength. "There were some days when he could barely get off the couch, so we watched a lot of animal and cooking shows on TV," she recalls. "He longed to go back to school and be with all his friends. We had tutors come to the house, as well as a drum teacher, so Ryan could keep up with at least one of his passions. But the sports he loved so much weren't possible, and that really devastated him."

The ConKerr Cancer project, along with the hope that Ryan would go into remission, helped the family get through the year. But in late 2002 doctors told Cindy that the chemo wasn't working. "They performed a limb salvage, which meant removing bone from his leg and putting in a titanium

Is your arthritis pain medicine putting you at risk for stomach issues?

Ask your doctor about VIMOVO.

VIMOVO is a prescription medicine that combines a proven arthritis pain reliever with built-in medication that can help protect you from stomach issues common to NSAIDs.

NSAIDs (nonsteroidal anti-inflammatory drugs) can effectively reduce the pain of osteoarthritis. But they may also lead to stomach issues which may keep you from taking the medicine you need.

VIMOVO combines a prescription arthritis pain medication with a built-in medicine that has been proven to reduce the risk of developing stomach (gastric) ulcers.*

Medicine on the outside of VIMOVO helps reduce the risk of stomach ulcers.

Illustration not actual size.

Medicine on the inside of VIMOVO helps relieve arthritis pain.

So if you're worried about potential stomach issues with your arthritis pain medication, ask your doctor about VIMOVO.

** In 6-month clinical studies, compared with enteric-coated naproxen.*

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Sign up for a VIMOVO Savings Card today.

† Requires a prescription; subject to eligibility rules; restrictions apply.

Visit SaveOnVIMOVO.com

Approved Uses for VIMOVO

VIMOVO is approved to relieve the signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis, and to decrease the risk of stomach (gastric) ulcers in patients at risk of developing stomach ulcers from treatment with NSAIDs.

VIMOVO is not recommended as a starting treatment for relief of acute pain. Controlled studies do not extend beyond 6 months.

Important Safety Information

Like all medications that contain nonsteroidal anti inflammatory drugs (NSAIDs), VIMOVO may increase the chance of a heart attack or stroke that can lead to death. This chance increases with longer use of NSAID medicines, and in people who have heart disease. NSAID-containing medications, such as VIMOVO, should never be used before or after a type of heart surgery called coronary artery bypass graft (CABG). As with all medications that contain NSAIDs, VIMOVO may increase the chance of stomach and intestinal problems, such as bleeding or an ulcer, which can occur without warning and may cause death. Elderly patients are at greater risk for serious gastrointestinal events.

VIMOVO is not right for everyone, including patients who have had an asthma attack, hives, or other allergic reaction with aspirin or any other NSAID medicine, patients who are allergic to any of the ingredients in VIMOVO, or women in late stages of pregnancy.

Serious allergic reactions, including skin reactions, can occur without warning and can be life-threatening; discontinue use of VIMOVO at the first appearance of a skin rash, or if you develop sudden wheezing; swelling of the lips, tongue or throat; fainting; or problems swallowing.

VIMOVO should be used at the lowest dose and for the shortest amount of time as directed by your health care provider.

Tell your health care provider right away if you develop signs of active bleeding from any source.

VIMOVO can lead to onset of new hypertension or worsening of existing high blood pressure, either of which may contribute to an increased risk of a heart attack or stroke.

Speak with your health care provider before starting VIMOVO if you

- Have a history of ulcers or bleeding in the stomach or intestines
- Have heart problems, high blood pressure, or are taking high blood pressure medications
- Have kidney or liver problems

Review all the medications, even over-the-counter medications, you are taking with your health care provider before starting VIMOVO. Talk to your health care provider about your risk for bone fractures if you take VIMOVO for a long period of time.

The most common side effects of VIMOVO include: inflammation of the lining of the stomach, indigestion, diarrhea, stomach ulcers, abdominal pain, and nausea.

For further information on VIMOVO, please see the brief summary of full Prescribing Information, including Boxed Warnings on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

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AstraZeneca

IMPORTANT INFORMATION ABOUT VIMOVO

Please read this summary carefully. It does not take the place of discussions with your doctor about the full Prescribing Information for VIMOVO and whether this drug is right for you.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT VIMOVO?

VIMOVO, which contains naproxen [a nonsteroidal anti-inflammatory drug (NSAID)] and esomeprazole magnesium [a proton pump inhibitor (PPI)], may increase the chance of a heart attack or stroke that can lead to death. This chance increases

- with longer use of NSAID medicines
- in people who have heart disease

NSAID medicines should never be used right before or after a heart surgery called a coronary artery bypass graft (CABG).

NSAID medicines can cause ulcers and bleeding in the stomach and intestines at any time during treatment. Ulcers and bleeding

- can happen without warning symptoms
- may cause death

The chance of a person getting an ulcer or bleeding increases with

- taking medicines called steroid hormones and blood thinners
- longer use
- smoking
- drinking alcohol
- older age
- having poor health

NSAID medicines should only be used

- exactly as prescribed
- at the lowest dose possible for your treatment
- for the shortest time needed

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NSAIDS?

Serious side effects include

- heart attack
- stroke
- high blood pressure
- heart failure from body swelling (fluid retention)
- kidney problems including kidney failure
- bleeding and ulcers in the stomach and intestine
- low red blood cells (anemia)
- life-threatening skin reactions
- life-threatening allergic reactions
- liver problems including liver failure
- asthma attacks in people who have asthma

Other side effects include

- stomach pain
- constipation
- diarrhea
- gas
- heartburn
- nausea
- vomiting
- dizziness

Get emergency help right away if you have any of the following symptoms

- shortness of breath or trouble breathing
- chest pain
- weakness in one part or side of your body
- slurred speech
- swelling of the face or throat

Stop your NSAID medicine and call your health care provider right away if you have any of the following symptoms

- nausea
- more tired or weaker than usual
- itching
- your skin or eyes look yellow
- stomach pain
- flu-like symptoms
- vomit blood
- there is blood in your bowel movement or it is black and sticky like tar
- skin rash or blisters with fever
- unusual weight gain
- swelling of the arms and legs, hands and feet

These are not all the possible side effects with NSAIDs.

WHAT IS VIMOVO?

VIMOVO is a prescription medicine used to

- relieve signs and symptoms of osteoarthritis, rheumatoid arthritis, and ankylosing spondylitis
- decrease the risk of developing stomach (gastric) ulcers in people who are at risk of developing gastric ulcers with NSAIDs

It is not known if VIMOVO is safe or effective in children under the age of 18.

WHO SHOULD NOT TAKE VIMOVO?

Do not take VIMOVO

- If you had an asthma attack, hives, or other allergic reaction after taking aspirin or other NSAID medicine
- If you are allergic to any of the ingredients in VIMOVO
- If you are allergic to any other PPI medicine
- For pain right before or after heart bypass surgery
- If you are in the third trimester of pregnancy

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE TAKING VIMOVO?

Before you take VIMOVO, tell your health care provider about **all** your medical conditions and all the medicines you take, including prescription and non-prescription, vitamins, and herbal supplements. Talk to your health care provider before taking any other NSAID-containing products.

- Using VIMOVO with other medicines can cause serious side effects
- Talk to your health care provider if you are pregnant or breast-feeding. **NSAID medicine should not be used by pregnant women late in their pregnancy**

HOW SHOULD I TAKE VIMOVO?

- Take VIMOVO at least 30 minutes before a meal
- Swallow VIMOVO tablets whole with liquid. Do not split, chew, crush, or dissolve the VIMOVO tablet
- You may use antacids while taking VIMOVO
- Do not change your dose or stop VIMOVO without first talking to your health care provider
- If you forget to take a dose of VIMOVO, take it as soon as you remember. If it is almost time for your next dose, do not take the missed dose. Take the next dose on time. Do not take 2 doses at one time to make up for a missed dose
- If you take too much VIMOVO, tell your health care provider, go to the closest hospital emergency room right away, or call your Poison Control Center at 1-800-222-1222

WHAT ARE THE POSSIBLE SIDE EFFECTS OF VIMOVO?

Serious side effects may include

- **High blood pressure**
- **Heart problems** such as congestive heart failure, heart attack, or stroke
- **Active bleeding**
- **Serious allergic reactions**
- **Serious skin reactions**
- **Liver problems**
- **Bone fracture**

Tell your health care provider or get emergency help right away if you have any of the following symptoms

- chest pain, weakness, or slurred speech
- trouble breathing or wheezing
- swelling of face, throat, or body
- severe skin blisters or peeling
- blood in your bowel movement or it is black and sticky like tar
- yellowing of skin or eyes

The most common side effects of VIMOVO include

- inflammation of the lining of the stomach
- indigestion
- diarrhea
- stomach ulcers
- stomach pain
- nausea

These are not all the possible side effects of VIMOVO. Call your health care provider for medical advice about side effects.

You may report side effects to the FDA at 1-800-FDA-1088.

OTHER INFORMATION ABOUT NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS)

- Aspirin is an NSAID medicine but it does not increase the chance of a heart attack. Aspirin can cause bleeding in the brain, stomach, and intestines. Aspirin can also cause ulcers in the stomach and intestines
- Some of these NSAID medicines are sold in lower doses without a prescription (over-the-counter). Talk to your health care provider before using over-the-counter NSAIDs for more than 10 days

NSAID medicines that need a prescription

Generic Name	Trade Name
Celecoxib	Celebrex
Diclofenac	Cataflam, Voltaren, Arthrotec (combined with misoprostol)
Diflunisal	Dolobid
Etodolac	Lodine, Lodine XL
Fenoprofen	Nalfon, Nalfon 200
Flurbiprofen	Ansaid
Ibuprofen	Motrin, Tab-Profen, Vicoprofen* (combined with hydrocodone), Combunox (combined with oxycodone)
Indomethacin	Indocin, Indocin SR, Indo-Lemmon, Indomethagan
Ketoprofen	Oruvail
Ketorolac	Toradol
Mefenamic Acid	Ponstel
Meloxicam	Mobic
Nabumetone	Relafen
Naproxen	Naprosyn, Anaprox, Anaprox DS, EC-Naproxyn, Naprelan, VIMOVO
Oxaprozin	Daypro
Piroxicam	Feldene
Sulindac	Clinoril
Tolmetin	Tolectin, Tolectin DS, Tolectin 600

* Vicoprofen contains the same dose of ibuprofen as over-the-counter (OTC) NSAIDs, and is usually used for less than 10 days to treat pain. The OTC NSAID label warns that long-term continuous use may increase the risk of heart attack or stroke.

For more information, call 1-800-236-9933 or go to www.VIMOVO.com

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rod," she says. "After that, Ryan had to undergo several surgeries to remove scar tissue. He was in a lot of pain and he could barely bend his leg. Just sitting at a hockey game to cheer on his friends became problematic. My son really missed out on

"IT TOOK A LOT FOR RYAN TO PUSH PAST THE PAIN AND FATIGUE. HE NEVER LET ON. HE DIDN'T WANT TO BE THOUGHT OF AS THE CANCER KID."

just being a kid." Even harder were the checkups every three months to find out whether the cancer had come back. In 2004 tests revealed that the disease had spread to Ryan's lungs. He underwent more grueling chemo treatments and had to have his leg amputated the following year.

Through it all, Ryan remained resilient. "He certainly handled it a lot better than I would have," Cindy says. "After healing from the surgery, Ryan learned how to ride a bike with his prosthesis. He managed to rock climb, water ski and snow ski. He kept up with schoolwork, hung out with his friends and even had a couple of girlfriends. Gavin and I were probably the only people who knew how much it took for Ryan to push himself past the pain and the fatigue. But he never let on. He didn't want to be thought of as the cancer kid."

Ryan's struggle also deepened his commitment to ConKerr Cancer. By 2005, Cindy had gotten many of her friends to start making pillowcases. "We'd take them to the Children's Hospital oncology ward so kids could pick their own," she says. "They loved them. Their parents loved them. The nurses loved them. Everybody said the hospital rooms instantly felt more like home." After getting his driver's license in 2006, Ryan felt well enough to deliver boxes of pillowcases himself. But his biggest contribution was managing the nonprofit's website. "He was our go-to IT guy," says Cindy. "He really knew his way around the Internet."

Thanks to Ryan's efforts, donations started coming in from around the country. Better yet, people began e-mailing for information on how to start local ConKerr Cancer chapters. Cindy organized monthly Sewing Days in schools and hospitals around Philadelphia, and soon other chapters followed suit. "Volunteers bring pre-cut fabric and sewing machines, and work with 20 to 30 children per visit, teaching them how to make pillowcases on the spot," Cindy says.

"Ryan saw beauty in everyone and everything," says Cindy. "He truly inspired all of us."

"We've made amazing progress, and we plan to keep going," says Cindy. "Our goal is to give a cheery pillowcase to every seriously ill child in North America by 2012."

In 2007 Ryan's cancer returned, and this time the prognosis was grim. He had already undergone 15 surgeries, endless hours in rehabilitation, and 30 months of chemotherapy. When Ryan returned to Children's Hospital, Cindy, as always, had a present for him. "He always looked forward to his new pillowcase," she says. "He would try to make me tell him in advance what the theme was. I wouldn't, of course, but he was pretty good at guessing. One year for Halloween I picked a creepy spider design and he figured that out. Another time I chose a pizza pattern, and he nailed that one too. The cases kept him feeling as optimistic as possible."

Late that year doctors informed the family that Ryan, then 17, had only a few months to live. He came back home under hospice care and died in February, his head resting on one of his cherished ConKerr Cancer pillowcases.

"In Ryan's memory we will keep adding chapters," Cindy says. The group now has 122 of them across the U.S., as well as branches in Canada, Great Britain, South Africa and Israel, serving children in more than 230 hospitals and pediatric hospices. "We wanted to let Ryan know how much we've grown, so we recently made a special visit to his grave site to tell him," recalls Cindy. "The morning started out sunny and beautiful, but a few minutes after we arrived there was a sudden cloudburst. Coincidence, I know. But I like to think it was Ryan's way of telling us not to dwell on the past, but to move forward with the work of ConKerr Cancer. And that's exactly what we're doing." ●

IS facebook RUINING YOUR FRIENDSHIPS?

Sure, we're way more connected with everyone—college roomies, co-workers, old flames and long-lost relatives. But it's all too easy to make virtual mistakes that can muck up real-life relationships. Here, smart advice from the experts on how to navigate social netiquette dilemmas.

BY PEG ROSEN Illustrations by Jude Buffum

-3

jethro|

Photos of You

Photo 17 of 89 Photos of Me Previous Next

In this photo: Jethro (photos), Allison (photos)

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Biff Honey, who is THIS clown?
February 14, 2011 at 10:15am · Like

A while back my friend posted pics from her son Sam's bar mitzvah on Facebook. In a breezy, off-the-cuff moment, I commented: "His was the first one that didn't give me a migraine. By far, the loveliest I've attended all year!" Then came the pissed-off posts from mutual friends whose kids' bat and bar mitzvahs (obviously headache-inducing and far less wonderful) I'd also gone to. Oops. Just lump me in with all the other middle-aged cyber-klutzes who are lovin' the social networking thing (there are now more Facebookers between the ages of 35 and 54 than those between 18 and 34) but can't quite get a grip on the rules. "When Facebooking at home alone, it can feel like you're having a private exchange. It's easy to forget that other people are in on the conversation," says Kirsten Dixson, an online reputation management expert and coauthor of *Career Distinction: Stand Out by Building Your Brand* (Wiley). "Most of our goofs happen because we're not accustomed to putting our lives up on the wall." For help on how to handle hot-water social networking messes—or, even better, avoid them altogether—read on.

The number of Americans who have gotten in touch online with someone from their past has doubled in the last three years.

You've reconnected with your high school prom date and have been bantering back and forth about everything from his old mullet to that notorious grad night party. Your husband sees your posts and—to put it mildly—is not amused. Sweetly inform hubby that if every married Facebooker who friended an old flame was looking for action, there wouldn't be enough motel rooms to accommodate them. "Most of the time it's about curiosity—people want to see how an old boyfriend or girlfriend has held up over the years and where they are in life compared to you," says Hal Niedzviecki, author of *The Peep Diaries* (City Lights Publishers), which examines the culture that Facebook and Twitter have spawned. But your spouse's worries might carry some cred if your retrosexual reconnect starts to heat up or your ex is pressuring you to meet in the real world. "If you're thinking of reaching out to a long-lost love for whom you still have strong feelings, it's probably better not to get in touch at all," says Nancy Kalish, Ph.D., professor of psychology at California State University, Sacramento. You should be logging off Facebook and logging more hours with your husband.

You're psyched to see a new Facebook friend request—until you realize it's from your boss. How should you respond? That all depends on your Facebook friendship philosophy, and now's the time to figure it out. Do you want only your closest friends and family members in that inner circle, or professional acquaintances as well? "There's no right or wrong answer—just decide what works best for you," says Dixson. "It would be perfectly okay to message your boss and explain politely that while you don't include colleagues and supervisors as Facebook friends, you'd be delighted to be connected on a business-oriented networking site like LinkedIn." Another option: Create different lists for your professional and personal friends, and control which group gets

(continued)

MEDICATION GUIDE

Reclast® (RE-clast)
(zoledronic acid)
Injection

Read the Medication Guide that comes with Reclast before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Reclast.

What is the most important information I should know about Reclast?
You should not receive Reclast if you are already receiving Zometa. Both Reclast and Zometa contain zoledronic acid.

Reclast can cause serious side effects including:

1. Low calcium levels in your blood (hypocalcemia)
2. Severe kidney problems
3. Severe jaw bone problems (osteonecrosis)
4. Bone, joint or muscle pain
5. Unusual thigh bone fractures

1. **Low calcium levels in your blood (hypocalcemia).**
Reclast may lower the calcium levels in your blood. If you have low blood calcium before you start taking Reclast, it may get worse during treatment. Your low blood calcium must be treated before you take Reclast. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood, while you take Reclast. Take calcium and vitamin D as your doctor tells you to.

2. **Severe kidney problems.**
Severe kidney problems may happen when you take Reclast. Your risk of kidney problems is higher if you:

- already have kidney problems
- take a diuretic or “water pill”
- do not have enough water in your body (dehydrated) before or after you receive Reclast

3. **Severe jaw bone problems (osteonecrosis).**
Severe jaw bone problems may happen when you take Reclast. Your doctor should examine your mouth before you start Reclast. Your doctor may tell you to see your dentist before you start Reclast. It is important for you to practice good mouth care during treatment with Reclast.

4. **Unusual thigh bone fractures.**
Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture may include new or unusual pain in your hip, groin, or thigh.

5. **Possible harm to your unborn baby.**
Reclast should not be used if you are pregnant. Tell your doctor right away if you are pregnant or plan to become pregnant. Reclast may harm your unborn baby.

6. **Bone, joint, or muscle pain**
Some people who take bisphosphonates develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Reclast?
Reclast is a prescription medicine used to:

- Treat or prevent osteoporosis in women after menopause. Reclast helps reduce the chance of having a hip or spinal fracture (break).
- Increase bone mass in men with osteoporosis.
- Treat or prevent osteoporosis in either men or women who will be taking corticosteroid medicines for at least one year.
- Treat certain men and women who have Paget’s disease of the bone.

It is not known how long Reclast works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if Reclast is still right for you.

Reclast is not for use in children.

Who should not take Reclast?
Do not take Reclast if you:

- Have low levels of calcium in your blood
- Are allergic to zoledronic acid or any of its ingredients. A list of ingredients is at the end of this leaflet.

What should I tell my doctor before taking Reclast?
Before you start Reclast, be sure to talk to your doctor if you:

- Have low blood calcium.
- Have kidney problems.
- Had parathyroid or thyroid surgery (glands in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome) or have had parts of your intestine removed.
- Have asthma (wheezing) from taking aspirin.
- Plan to have dental surgery or teeth removed.
- Are pregnant, or plan to become pregnant. Reclast may harm your unborn baby. **Reclast should not be used if you are pregnant.**
- Are breastfeeding or plan to breastfeed. It is not known if Reclast passes into your milk and may harm your baby.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Certain medicines may affect how Reclast works.

Especially tell your doctor if you are taking:

- An antibiotic. Certain antibiotic medicines called aminoglycosides may increase the effect of Reclast in lowering your blood calcium for a long period of time.
- A diuretic or “water pill”.
- Non-steroidal anti-inflammatory medicines (NSAIDS).

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist each time you get a new medicine.

How will I receive Reclast?

- Your doctor will tell you how often you will receive Reclast.
- Reclast is given by infusion into your vein (intravenously). Your infusion should last at least 15 minutes.
- Before you receive Reclast, drink at least 2 glasses of fluid (such as water) within a few hours as directed by your doctor.
- You may eat before your treatment with Reclast.
- If you miss a dose of Reclast, call your doctor or healthcare provider to schedule your next dose.

What are the possible side effects of Reclast?

Reclast may cause serious side effects.

- See **"What is the most important information I should know about Reclast?"**

The most common side effects of Reclast included:

- Fever
- Pain in your bones, joints or muscles
- Pain in your arms and legs
- Headache
- Flu-like illness (fever, chills, bone, joint, or muscle pain, fatigue)
- Nausea
- Vomiting
- Diarrhea

Talk to your doctor about things you can do to help decrease some of these side effects that might happen with a Reclast infusion.

You may get allergic reactions, such as hives or, in rare cases, swelling of your face, lips, tongue, or throat.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Reclast. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about safe and effective use of Reclast.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. This Medication Guide summarizes the most important information about Reclast. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Reclast that is written for health professionals.

For more information, go to: www.RECLAST.com or call 1-866-732-5278.

What are the ingredients in Reclast?

Active ingredient: zoledronic acid monohydrate

Inactive ingredients: mannitol and sodium citrate.

Distributed by:
Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936

This Medication Guide has been approved by the U.S. Food and Drug Administration.

January 2011 T2011-05

Photos of Tiffany
Photo 45 of 230 Spring Break 2011 Previous Next

In this photo: Tiffany (photos)
Added June 23, 2011 · Like · Comment
381 people like this.
Margaret Sweety, where's the rest of that swimsuit!?
June 23, 2011 at 10:14am · Like

OMG! TMI! Over half of those under 25 say they've posted something online they've regretted.

to see what. Your boss will never know that she's only getting limited postings from you, but you'll still have opportunities to impress and connect with her. And remember, fusing your private and professional lives online has its benefits. "When business associates can see your more casual, intimate side, it provides them with a more rounded picture," says Dixson. "That can only help you professionally, whether you're looking for a raise, a promotion or a new job."

A few months after being friended by your 16-year-old niece, you are appalled to see she's posted photos of herself in a teeny black leather bikini. Do you run and tell sis? No—at least not immediately. "When someone you love is putting herself in jeopardy, you've got to do something," says Michelle Borba, author of *The Big Book of Parenting Solutions* (Jossey-Bass). But in this case, talk to your niece first. Don't play the narc who's caught her in the act, don't scold,

and don't start in about how she's ruining her reputation. Instead, drive home the long-term consequences. Remind her that everyone can see what she's posting—including college admissions officers and future dates—and that it takes just a few clicks to copy a post or photo and send it careening into cyberspace. Tell your sister only if your niece continues with her risky behavior or is breaking the law (engaging in underage drinking, for example). In that case, mom needs to get involved.

Out of the blue, your long-lost college roommate wants to friend you. Delighted to hear from her, you dispatch a rambling, nostalgic e-mail to her Facebook inbox. But she doesn't write back. Ouch! First of all, don't feel bad. "For a lot of people, asking to friend someone is like mailing a holiday card—you send it with no expectations of getting anything back," says Dixson. "It's more of an announcement—'Hey, I'm out here, and now we know how to get in touch if we need to down the line.'" So it may well be that ex-roomie uses her Facebook account to keep passively updated on the people in her past and isn't looking for a ton of deep new connections. It's also possible she doesn't check her e-mail regularly and hasn't seen your gushing response. "Try contacting her on Facebook one more time, but stop after that—otherwise you'll look like a stalker," advises Dixson. "If you have her regular e-mail address or phone number, try either of those one time. After that, the ball's in her court."

A glam and successful businesswoman in town who never gives you two cents' worth of attention has sent you a friend request. You accept. Days later, she asks you to "like" her most recent venture. What gives? There are times when an FB friend isn't so much choosing you as using you. Don't feel obliged to join the fan club. And if you're still in a snit about being had, you can go a step further and unfriend Ms. Glamorpuss. "When someone has hundreds or thousands of friends, chances are she's collecting your name as one more to add to the list, whether it's to boost her business, her social life or her ego," says Dixson. And not to worry if you bump into her: With 4,573 friends, she won't notice the count has dropped to 4,572. The bottom line? Let it go. On Facebook, as in real life, stuff happens. ●

BEST BUYS FOR

DADS & GRADS

Gifts they'll love for any budget. By Dan Tynan and Christina Tynan Wood

Here it is, June again—Father's Day festivities on the third Sunday and graduations all month as kids move from grade to middle to high school to college and beyond. Skip the tie (y-a-w-n). Resist the same-old gift card. We live in amazing times, so why not give a gift that reflects that? Tablet computers are changing the way people communicate, work and play. Searching for a too-elusive Wi-Fi signal is a thing of the past. Even on a budget that's closer to pen than Porsche, you have plenty of options.

For more tech finds and other staff favorites for dads and grads, go to familycircle.com/gifts

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1. Vizit

This "connected" digital photo frame boasts its own unique e-mail address—meaning, anyone with that info can text or e-mail a photo from a cell phone, computer or other Web-enabled device, and almost as if by magic, the Vizit will display the image moments later, along with the sender's ID. All photos sent are automatically backed up on the company's secure site, where they can be accessed, edited, organized or deleted. Any changes are copied to the frame in real time. Since this 10.4-inch touch-screen frame runs on the AT&T cellular network, it doesn't require a Wi-Fi hookup. Vizitme.com, $230 (plus $6 per month for up to 100 photos)

2. Black & Decker iShred Vertical Shredder

Junk mail had better be ready to meet its maker in any household with a Black & Decker iShred—this efficient machine chews through unsolicited credit card offers and coupon mailers like a beaver through soft pine. It alerts you to potential paper jams before they happen (and offers a reverse mode if they do), and lets you know when the bin is full and if it needs to cool down before going at it again. Just bear in mind that at 28 inches high and 14 wide at the base, the iShred is not petite—in other words, the recipient will likely want to keep it next to his desk, not on it. Amazon.com, $100

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3. Eye-Fi Mobile X2

Does dad juggle a digital camera and a smartphone at every soccer game and birthday party? He needs a free hand for hot dogs and ice cream too. Help the man out by giving him this wireless/memory card. The Eye-Fi not only stores 8GB of photos, it also connects the camera wirelessly (but securely) to his smartphone so he can get the photos off the good camera and share them quickly via his phone. Back within his home Wi-Fi network, the Eye-Fi automatically uploads his photos to Eye-Fi's secure site. All he has to do is turn the camera on and let the card do its thing. His camera will never be out of memory, his photos will always be backed up and the wind will always be at his back. Eye.fi.com, $80

4. Wicked Audio Helix

For noise-reducing earbuds that don't cost an arm and a leg, try these over-the-ear numbers on for size. They stay put pretty much no matter what, and because the buds don't totally fill the ear, the Helix is less likely to mess up a kid's hearing. (As for dad, well, he's probably just pretending not to hear what's going on.) And the price can't be beat. Wickedheadphones.com, $15

5. Energi To Go XP2000K Travel Kit

There's nothing quite as irritating as being stranded with a dead cell. Enter the Energi To Go, a pocket-size dingus that adds hours of juice to mobile phones, MP3 players, digital cameras and other portable gadgets. Just charge overnight and it's ready for action; when a gadget starts to run too low for comfort, the Energi can pick up the slack until there's an outlet handy. The XP2000K kit comes with wall and car adapters, and connectors for four popular types of devices, all in a trim carrying case. (If needed, tips are available from the Energizer site.) Don't leave home without one. www.energizerpowerpacks.com, $60

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6. Novatel MiFi 2200 Mobile Hotspot

Anyone who regularly tries to log in and grab e-mail when out and about knows that while it seems like there's Wi-Fi everywhere nowadays, sometimes when a signal is desperately needed there's not a single bar to be had. MiFi uses 3G and 4G cellular networks to create instant hotspots that can be shared by up to five Wi-Fi devices, even in a moving vehicle. Built by Novatel Wireless, the MiFi 2200 is available with a pay-as-you-go broadband service from Virgin Mobile ($10 for 100MB of data, $50 for a month unlimited), or free with a two-year data contract from Verizon or Sprint. Virginmobileusa.com/mobile-broadband/, $150

7. Ooma Telo

In this era of smartphones and video calls, the home phone is quickly becoming a relic. But there's something to be said for picking up a handset when it rings and saying, "Hello?" (It's easy, for one thing.) This Internet-based home phone has that, along with some very modern features: You can use your cell phone as an additional handset. Give everyone in the house his or her own phone number (for a fee). Or use it from an app on your iPod, iPad or smartphone—even if you leave the house. You can plug your current home phones into it or buy handsets that take advantage of smart features. But there's one thing the old-school land line comes with that Ooma doesn't: a monthly bill. Ooma.com, $250 (fees for optional features start at $10 a month)

8. Pinnacle Studio HD

If our young teen (post-production editor) and tween (writer and director) could use Pinnacle Studio to turn a dozen awkward video interviews into a thrilling, fast-cut short film in a couple of hours on a school night, think what it can do for a dad's boring home videos or slide shows. This video-editing suite makes whipping together a movie or slide show so easy, he'll think he's channeling Quentin Tarantino. He simply plugs the video camera into the computer, drags scenes into the order he wants them, clips out the dull bits, tosses in fades and special effects (the effect that created the smoke monster on *Lost* is an add-on) and slaps on the credits. It will even automatically generate a sound track to fit. Pinnaclesys.com, $60

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9. Apple iPad 2

Maybe it's finally time to spring for the device pretty much everyone wants—this sleek, 1.3-pound beauty puts the Web, e-mail, calendars, videos, music, maps and about a zillion software apps literally at a person's fingertips. Next-gen add-ons include front and rear cameras that capture still shots and hi-def movies, and that support video chat on the generous 10-inch screen. It also boasts the ability to run popular Mac software like GarageBand (music mixing) and iMovie (video editing). Even with the optional keyboard dock ($69), though, the iPad isn't for serious work. But no one will mind in the least. Apple.com/ipad, from $499

10. Microsoft Kinect for Xbox 360 and Kinect Adventures

The Kinect sensor is an Xbox accessory that even mom—usually the one looking to limit screen time—can get behind. Once the device can "see" a person with its uncannily accurate lens eyes, he actually becomes the game controller. After it gets to know a specific individual, it will even change to his avatar when he steps up to play. Just get over how creepy that is and jump to ride the white-water rapids, lean to avoid those rocks, reach to grab those passing trees. This add-on is an easy way to make an existing Xbox 360 more active. (Though you might also want to pick up a copy of Kinect Sports for boxing, soccer and more.) Any gamer, even a hard-core one, will soon be jumping around the room working up a sweat. Xbox.com, from $150 ●

30 BIRTHDAY FREEBIES

Celebrate the special day with free food, beauty products and even a cruise!

BY CELIA SHATZMAN

illustrations by jonathan carlson

GRATIS GRUB

No-cost birthday eats! (Most require online registration.)

JUST FOR KIDS

- **Bob Evans** Kid's meal for children under age 12.
- **Burger King** Hamburger kid's meal for children under age 13.
- **Sonic** Wacky Pack kid's meal.
- **Denny's** Original or Jr. Grand Slam for kids 10 and younger.
- **California Pizza Kitchen** Kid's meal for children under 10.
- **Dairy Queen** Buy one Blizzard, get one free.
- **Friendly's** Kid's meal for children under age 12 with an adult purchase.

FOR EVERYONE

- **IHOP** Entrée.
- **Moe's Southwest Grill** Burrito.
- **Starbucks** Beverage for cardholders.
- **Ruby Tuesday** Burger.
- **Baskin Robbins** Ice cream.
- **Dunkin' Donuts** Medium beverage for Dunkin' Perks members.
- **Red Robin** Burger.
- **Houlihan's** Any menu item up to $15.
- **T.G.I. Friday's** Dessert with purchase of an entrée.
- **Qdoba** $5 coupon.

RING IN ANOTHER YEAR WITH THESE ON-THE-HOUSE GOODIES

- **Borders'** rewards program sends a birthday coupon good for a free beverage at the coffee bar.
- Join beauty site **Smashbox**'s Pretty Points reward program and get a complimentary gift set during your birthday month with any purchase.
- **DSW** members receive a $5 certificate.
- At participating **Medieval Times** locations, the king honors you with a free admission and meal with the purchase of a regular-priced ticket.
- **World Market**'s Explorer rewards program members receive a surprise gift.
- **Discovery Cruise Line** offers a free day cruise (with a $45 administration fee) from Florida to the Bahamas during your birthday month when one full-priced adult fare is purchased.
- **Aveda**'s birthday program gives members a present valued at up to $24.
- Children 12 and younger who join the **Barnes & Noble** Kids' Club can enjoy a free cupcake or cookie at the cafe and create a digital book at Tikatok.com, an interactive website, on their big day.
- Sign up for the **Brunswick Zone XL** Bonus Zone and snag two free bowling games and a 10%-off party coupon.
- Join **Sephora**'s Beauty Insider rewards program to score a complimentary product in stores on your birthday.
- The **Kmart** Birthday Club gives kids 12 and younger a fun pack, which includes $5 in Birthday Bucks to spend at a store, plus a crown, coloring sheets, stickers and a certificate.
- Visit the **Benefit** Brow Bar at Ulta for a free eyebrow waxing on your b-day.
- When kids under 10 join Geoffrey's Birthday Club at **Toys "R" Us**, they're eligible for a birthday card and a complimentary gift. Visit a store on your kid's big day and he will receive a crown, a balloon and an in-store message announcing his birthday.

FamilyCircle.com For more details on all these deals, visit **familycircle.com/freebies**

For vaginal discomfort after menopause, try treating the cause, not just the symptoms.

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
  Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. ***You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.***

Ask your healthcare provider

PREMARIN® (conjugated estrogens) 0.625 mg/g VAGINAL CREAM

HELP RELIEVE AND RESTORE WHAT'S YOURS.

PAY NO MORE THAN $15 FOR YOUR PRESCRIPTION* BY VISITING PREMARINVAGINALCREAM.COM

*Coupon will be accepted only at participating pharmacies. This coupon is not health insurance. Applies only to insured patients; cash-paying patients subject to a different discount rate. Certain other restrictions may apply. For more information on these restrictions, visit PREMARINVAGINALCREAM.COM. For questions, please call 1-877-264-2440 or write to McKesson Patient Relationship Solutions at P.O. Box 52090, Phoenix, AZ 85072-2090.

Pfizer

PATIENT INFORMATION
PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
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- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?
PREMARIN Vaginal Cream is used after menopause to:
- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?
Do not start using PREMARIN Vaginal Cream if you:
- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
  Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
  See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:
- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems**. Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest**. You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding**. The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.
- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?
PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:
- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:
- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:
- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?
- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream
Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream
PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Based on W10413C020ET01 Rev 02/10 PRM00068 **Rx only**

A delightful new guest at the table

Garbanzo Extravaganzo Serves 4 Prep time: 10 min. Total time: 10 min.

With chick peas that taste as good as Goya's, right out of the can, it's no wonder that they should star in a fresh, healthy salad. This one – chock-full of nutty, buttery goodness – is sure to win a place at your table, often!

Ingredients

1 can (15.5 oz.) GOYA® Low Sodium Chick Peas, drained
1 bag (6 oz.) baby spinach
1/2 medium red onion, finely chopped (about 1/2 cup)
1 tbsp. balsamic vinegar
3 tbsp. GOYA® Extra Virgin Olive Oil
GOYA® Adobo with Pepper, to taste

Directions

1. In a large bowl, toss together chick peas, spinach, and onions.
2. Pour vinegar into a small bowl. Using a whisk, slowly drizzle in oil, whisking constantly, until combined. Season with Adobo. Pour dressing over salad. Toss well to coat. Divide salad evenly among serving bowls.

Slim Down Your Pet

The Biggest Loser host Alison Sweeney dishes on getting your pet—and the whole family—fit.

by Celia Shatzman

As the host of *The Biggest Loser,* Alison Sweeney has helped dozens of people shed pounds and improve their eating habits. So when she learned that her dog, Winky, a Boston terrier, was overweight, she put her fitness skills to the test and made it a family affair. FC chats with Alison about Winky's success story and how her pup motivated them all to shape up.

→ How did you know Winky needed to drop a few pounds?
My 6-year-old son, Ben, and I took Winky for a checkup and the veterinarian explained to us that Winky had a weight problem. Even an extra pound can have a tremendous impact on your pet's life.

→ Did you put Winky on a diet?
I chose to use Hill's Science Diet Weight Loss System for dogs, which I am also a spokesperson for. The pre-measured food and biscuits help me make sure she's getting exactly what she needs. We started to see the difference within a month, and we knew we were doing the right thing for her.

→ What's the most surprising thing you've learned?
Human food really isn't good for her. People think a piece of cheese you drop while making dinner is okay for your dog to eat, but feeding a 20-pound dog one ounce of cheddar cheese is comparable to a 5'4" woman eating one and a half hamburgers. And giving a 10-pound cat a cup of milk would be like a 5'4" woman eating five chocolate bars. Many human foods aren't good for a dog's digestion, so it's best to stick with pet food. I've taught Ben not to sneak Winky table scraps.

→ Do your kids pitch in?
Part of the reason we have animals is because I want Ben and Megan, who is 2, to experience how pets enrich our lives and to learn how to take care of them. I want to share that love with my children and show that it comes with responsibility. Ben asks me about what I do on *The Biggest Loser* and how I help contestants become healthy, which gets us talking about which foods are good for your body and which aren't. We discuss ways to make changes to Winky's diet—he helps me feed her—and I know he's learning a valuable lesson.

→ Did you develop a fitness routine for Winky?
We started bringing her on our family hikes to make sure she's active. In the beginning it was hard for her to move quickly, but now she takes the lead. Before she came along with us, our walks were often cut short, but now that we have an agenda, it inspires us to walk farther and push harder. Everyone gets a better workout.

→ How else do you stay in shape as a family?
We run around the backyard—Ben and Winky race. When we're inside, they chase each other around the dining room table. If you turn the TV off there are so many ways to be mobile. We also bought active toys that challenge her. Winky is pretty strong, so playing with those little wrestling toys keeps your muscles going for a while. It's been so much fun to get Winky—and all of us—exercising. ●

THE FAT TRUTH

→ Approximately 45% of U.S. dogs are overweight or obese, which adds up to 35 million dogs.

→ Two extra pounds on a medium-size cat like a Siamese is equal to 25 extra pounds on a 125-pound woman.

→ An estimated 58% of cats—54 million—are overweight or obese.

→ Just one pound too many on a small breed like a Chihuahua is equivalent to a 125-pound woman gaining 31 pounds.

Photo: Courtesy of Hill's Science Diet.

ESSAY

ALL IS NOT FAIR

Sorry—I just don't think every kid deserves a prize.

BY KARIN FULLER

In some soccer coach's basement sits a little gold trophy with my daughter's name inscribed near the base. We never went to the post-season party to pick it up, never attempted to get it some other way. She didn't deserve it. Nor did she want it. At 8 years old, she hated soccer. She hated the uncomfortable shin guards, the itchy socks, the boring black cleats.

She disliked practice and she passionately, fervently, detested the actual games. Still, for completing the season, the team wanted to give her a trophy. I couldn't understand why. In my mind, if you start something, you finish it. And that gets an "atta girl"—not a trophy.

I recently overheard a waiting-room conversation between two mothers. One complained her son wasn't allowed on a field trip reserved "unfairly" for high-achievers. She admitted her son had made little effort to earn his spot, but in her eyes, it was unreasonable to reward some kids and not others. The second mother was upset because her son had received a failing grade for repeatedly falling asleep in class. "It's not fair," she said. "He turned in most of his homework assignments."

Let me see if I've got this right: Kids who don't try should get the same benefits as those who do? And completing most of the assignments should discount that sleeping-in-class thing? Are we so obsessed with fairness that we raise children to believe everyone should be treated the same, regardless of effort or skill?

My husband, Geoff, was a teen with a younger sister when his father remarried a woman with two boys. Both older boys were accustomed to always coming first, while the younger kids were used to baby-of-the-family privileges. But suddenly the roles—and rules—had changed. Cries of "Not fair!" became commonplace. One day Geoff's father sat down with all four kids and said essentially this: "On any given day, life isn't fair. That's the way it goes. We hope everything evens out in the long run. Live with it."

It seems we've become so preoccupied with this idea of equality that kids believe they're entitled to the same gifts as everyone else. I've sat through awards assemblies where every child receives recognition. I've attended sporting events where each player leaves with a trophy. And every time I see it happen, I shake my head. By trying to run our schools and activities counter to reality, we're doing a disservice to our children.

There may be some who disagree, believing there's no harm in giving trophies to all, that it's a harmless way to recognize kids' participation and encourage them to try. What they're failing to see is that by rewarding everyone, the trophy is devalued, or the certificate becomes nothing but a piece of nice paper with a pretty font. In our quest to make everyone equal and everything fair, no one is special. By bolstering self-esteem across the board, we're sending the message that self-esteem is more important than hard work and achievement. But ultimately, high self-esteem doesn't guarantee success. That takes self-discipline, self-reliance and self-control.

I have only a few trophies from when I was growing up, but I earned them. And that gives them greater value. Someday I hope to hear my daughter say proudly, "Look what I won!" instead of her usual, "Look what I got."

We need to challenge our children to excel and reward them when they do, but kids also need to know they're loved regardless of whether they win a prize. Sure, it would be nice if everyone's special talents could be given equal praise, but things seldom work out that way.

Ultimately, we aren't simply raising children—we're raising adults. And if we want them to become functioning members of society, they need to learn how to win and how to lose. They need to be able to take criticism, cope with arbitrary decisions and handle setbacks. They need to see that people who work hard to achieve—even if they fail at first—will be rewarded more than those who don't.

That's called real life. And it's fair. ●

Karin Fuller lives in South Charleston, West Virginia, with her husband, Geoff, daughter Celeste, 13, and a multitude of animals.

ILLUSTRATION BY MICHAEL BYERS

hocus pocus

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STYLE

→ BEAUTY NEWS → FASHION TRENDS → BEST PRODUCTS

Hair: Danny Hammond. Makeup: Ildiko for Utopia.

Coral Majority

The hottest hue for summer is also universally flattering. What a perfect pairing—a cross between magenta and orange, coral is fresh and bold, and enhances sun-kissed skin in just the right way. Celebrity makeup artist Carmindy suggests wearing it on lips, along with gold or bronze eye shadow and a few coats of black mascara, plus a little bronzer on temples and sheer coral blush on the apples of cheeks. Gorgeous! (Check out our Wish List on page 114 for fashion finds in this chic color.)

PHOTOGRAPHY BY **SARAH KEHOE**

→ BY DORI KATZ

the CLASH

Mastering the art of mixing prints is easier than you think. Opposites do attract, making bold stripes the perfect foil for delicate flowers. (Who knew?!) Or try a softer touch and keep to a uniform color palette while varying the pattern sizes. Just don't forget the fun factor. It's only fashion!

Top, WDNY. Pants, OMO Norma Kamali.

PLAYING THE PART Who can forget Ali McGraw in *Love Story*—her long, shiny strands and perfect center part? News flash: Her '70s style is back. Sarah Jessica Parker embraces the look—her locks go from curly to straight, but stay front and center. Simply part hair with a fine-tooth comb and let your natural texture take over. For a sleek finish, spritz Garnier Fructis Style Brilliantine Shine Glossing Spray onto damp hair before drying.

MY BARE LADY

Just in time for swimsuit season, FC staffers put new hair removers to the test. Their reactions:

ROLL-ON WAX

Nair Milk & Honey Roll-On Sugar Wax, $9.50

"The first few strips took a little practice, but after that it became easier and gave me supersoft skin." *—Regina, food director*

WAX

Veet Ready-To-Use Wax Strips, $10

"As a DIY wax veteran, I was very impressed. It left no mess and caught every last hair, even the tiniesto nes!" *—Amanda, associate beauty & fashion editor*

DEPILATORY

Sally Hansen Brush-On In-Shower Hair Remover, $8

"The brush applicator seems better suited for smaller areas, as it allows you to 'paint' it on. I also liked the fruity scent." *—Julie, senior food editor*

RAZOR

Schick Intuition Naturals Sensitive Care, $9

"I am prone to razor burn and irritation. The soothing aloe formula left my legs hydrated and (happily!) bump-free." *—Alana, beauty intern*

FRINGE BENEFITS

Nothing makes your peepers pop like beautiful, lush lashes. We thought we'd seen it all when it came to growth enhancers—first came Rx products, then OTC remedies. Now lash boosters are being added to eyeliners, helping nourish and strengthen your fringe while adding instant color and definition. Our top picks:

NYX Pro-Grow Liquid Liner with Lash Growing Serum, $13

Too Faced Long Stemmed Lashes, $38

Physicians Formula 2-in-1 Lash Boosting Eyeliner + Serum, $11

Line N Grow, $40

Photos: (clothing) Peter Ardito; (eye liners) Bryan McCay; (Parker) Wireimage/Getty Images; (legs) Steve Allen/Getty Images. Styling (clothing): Avery Powell.

SEE BUYER'S GUIDE, PAGE 198

→ BY JULI ALVAREZ

CORAL

A bold stroke from Mother Nature's paint box. Bright and splashy or dusty and dreamy, it's the color of summer.

Big beads, Curations with Stefani Greenfield, $40

Tiered camisole, Charlotte Russe, $19.50

Statement cuff, Chico's, $68

Pretty eyelet-lace pencil skirt, Talbots, $129

Super Sheer Liquid Tint cheek color in Poppy, Sonia Kashuk, $10

Sweet summer frock, Old Navy $29.50

Exotic tote, Needham Lane, $48

Boho woven leather sandals, Nine West, $99

Dramatic discs, Carolee, $45

Styling: Kris Jensen for Mark Edward, Inc. Photo (blob): Lisa Shin.

SEE BUYER'S GUIDE, PAGE 198

PHOTOGRAPHY BY BRYAN MCCAY

NEW

GARNIER® FRUCTIS STYLE®

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LINDA MORAN EVANS
Beauty & Fashion Director

Talk about keeping my cool—**Degree Women Extra Protection Deodorant** starts working as soon as I start moving. Dog days of summer? Bring 'em! $4

No more blowout burnout thanks to the micro-polymer in **Pantene Pro-V Medium-Thick Style Heat Protection & Shine Spray.** A little spritz and my strands can take the heat. $6

Sally Hansen Instant Lip Line Relaxer makes me smile bigger; the collagen complex smooths grooves like nobody's business. $9.95

DORI KATZ
Beauty Editor

Oh razor burn, how I despise thee. **Bump & Blemish** is the remedy—it soothes post-shave irritation and leaves a calming lavender scent. Esbalabs.com, $8

Finally, a solution for midday mascara smudges. **Beauty Fixation Makeup Remover Swabs** come pre-filled with solution, so just swipe, toss and you're clean. Ulta.com, $4.95

After years of dry scalp drama, I had pretty much accepted my hair histrionics. Then I tried **Garnier Fructis Anti-Dandruff Shampoo,** and flakes and itch are a distant memory. $5

AMANDA FLORES
Associate Editor

When iffy weather makes my waves hard to control, I simply whip them into a loose chignon and twist in a **Goody Simple Styles Bun Sprial**. Take that, humidity. Target, $7

The fresh cucumber scent of **Eos Hand Lotion** gives me a hint of that at-the-spa feeling, and the tiny container is great on the go. Walmart, $4

Kiss Premium Eyelashes align perfectly on the first try, thanks to the clever application technique. Just hold lashes in place, then unthread to remove strings when the glue dries. Walmart, $4

→ *our obsession* Yes, good things come in small packages is a bit cliché—but hey, it's true. The Diva Tweeze grabs even the smallest hairs and is available in four fairy designs that look cute on our vanities. >>> **Ts2products.com/divatweeze, $9.99**

All products are available at drugstores unless otherwise noted.

Photos: (Degree, Pantene, Sally Hansen, Bun Curl) Bryan McCay; (other stills) Peter Ardito; (Evans) Karen Pearson; (Katz, Flores) Michael Waring.

MAKE A SPLASH

For a swim style that especially suits you, try new exotic prints, fun, wearable shapes, and colors that wow.

>> BY JULI ALVAREZ <<   >> PHOTOGRAPHY BY TOM CORBETT <<

BREAKING THE WAVES ***Tropical patterns and embroideries get high marks. Top off your look with a straw sombrero for that south-of-the-border flavor.*** Tankini, Trina Turk, $119 (top) and $67 (bottom). Hat, San Diego Hat Co., $36. Earrings and bracelet, Lucky Brand, $25 and $69. Bikini, Nanette Lepore, $75 (top) and $71 (bottom). Hat, San Diego Hat Co., $36. Earrings, cuff and stretch bracelet, R.J. Graziano, $75, $65 and $45. One-piece, Echo, $118. Tunic, Kenneth Cole New York, $74. Hat, Tropical Trends, $25. Earrings, R.J. Graziano, $75. Bracelet, Lucky Brand, $45.

ON DECK ***Black is always chic and elegant, even on the beach. Batik prints and the new goddess-like swimdress add surprising new twists.*** Bikini, Sears, $15 each piece. Earrings, Sequin, $98. Bag, Ondade Mar, $230. Swimdress, Miraclesuit, $164. Earrings, Sequin, $58. Bracelet, Lucky Brand, $62. One-piece, La Blanca, $119. Earrings, cuff and spiral bracelet, Lenny, $97, $161 and $156.

Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com

BEACH BABES ***The new metallic and chocolatey hues are sexy and refined, and flatter all skin tones. Jeweled accents are the perfect finishing touch.*** Bikini, Voda Swim, $132. Earrings, Theodora & Callum, $75. Tankini, La Blanca, $93 (top) and $51 (bottom). Earrings and bracelet, R.J. Graziano, $25 and $75. One-piece, Bisou Bisou by JCPenney, $50. Earrings, Carolee Lux, $75. Bag, Cappelli Straworld, $30.

MAN OVERBOARD ***Sail away with sassy style in vibrant pinks. You'll be sure to grab their attention in a ruffled fuchsia maillot or a fun tribal-inspired bikini.*** One-piece, ABS by Allen Schwartz, $89. Bikini, Baltex, $34 each piece. Earrings, Sequin, $38. Tankini, Kenneth Cole Reaction, $46 (top) and $44 (bottom). Earrings, Roberta Chiarella, $32.

Hair: Jeanie Syfu for TRESemmé/Contact NYC. Makeup: Viktorija Bowers for Urban Decay at Kate Ryan Inc.

WATER WORLD ***Try a one-shoulder or skirted suit in a cool, refreshing shade of citrus.*** Bikini, Echo, $68 (top) and $78 (bottom). Bracelets, Alex and Ani, $158/set. One-piece, Magicsuit by Miraclesuit, $158. Earrings, Sequin, $48. Bangles, Ben-Amun by Isaac Manevitz, $25 each. Tankini, Jessica Simpson, $88. Earrings, R.J. Graziano, $35. Bangle, Ben-Amun by Isaac Manevitz, $25.

MAKE A SPLASH
Top Swimwear Trends

THE SWIMDRESS

La Blanca, $129. Kenneth Cole Reaction, $92. Aerin Rose, $130.

NAUTICAL

Nautica, $66 (top) and $54 (bottom). Tommy Hilfiger, $101. Vineyard Vines, $65 (top) and $60 (bottom).

EXOTIC

Eddie Bauer, $89. ABS by Allen Schwartz, $81 (top) and $85 (bottom). Hobie, $36 each piece.

RUFFLES

Kenneth Cole Reaction, $44 (top) and $46 (bottom). Spanx, $178. Elle, $40 each piece.

Photos: Bryan McCay. Styling: Bill Laughlin for Mark Edward, Inc.

PATIENT INFORMATION
LATISSE® *(la teece)* (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.

ILLUSTRATION 1

ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®.
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

CIRCLE IT!

promotion

Take note of these exciting promotions and products

Some of the Best Mothers are Fathers

Mothers Against Drunk Driving can just as easily be male as female. What we have in common is a drive to make roads safer, prevent underage drinking and help survivors of drunk driving crashes. If you'd like to be one of the Mothers, rest assured you're welcome regardless of gender. After all, it's not a man thing or a woman thing — it's just the right thing. Join us or donate at madd.org.

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VISIT familycirclepromo.com

// STEP 1 //

PREP

To end up with the most even color, you need to do a little advance work. "It's like a painter prepping her canvas," says Ricky Croft, VP Marketing for Sunless Inc. "Always begin with a clean slate." The day before you self-tan, exfoliate from head to toe, using an oil-free body polish or scrub in the shower. You should also shave at least 24 hours prior.

// STEP 2 //

APPLY

Start with clean skin. Rub a light moisturizer on extra-dry areas—hands, elbows, feet and knees—to prevent over-absorption. Standing in front of a mirror, begin with your feet, applying a thin layer, and work your way up. Fiona Locke, tanning expert for St. Tropez product line, suggests using a self-tanning mitt to prevent staining on hands and ensure an even application. Choose a product with bronzer—it helps you see where you've applied. Let dry completely before dressing (15 minutes is a safe bet), and the tan will develop over the next four to six hours. Afterward, if you desire a darker shade, add another thin layer.

TIP→ Before using a new tanner, apply a test patch on your lower leg to see how the color turns out. The exact shade can vary due to the pH level in your skin.

Bikini, Ondade Mar. Sunglasses, Corinne McCormack.

ALL SYSTEMS GLOW

GOOF-PROOF PRODUCTS? CHECK.
EXPERT APPLICATION TIPS? CHECK. YOU'RE OFFICIALLY CLEARED TO SELF-TAN—NO STREAKS, NO HASSLES!

BY DORI KATZ *PHOTOGRAPHY BY TOM CORBETT*

Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com

// STEP 3 //

EXTEND

For lasting results, avoid chlorine and salt water—both will fade your shade. The key to prolonging color, says Croft, is keeping skin nourished. DHA, the primary active ingredient in all tanners, is extremely drying. Either slather on your go-to cream, or apply a glow lotion, which contains subtle amounts of DHA. The latter will gradually increase your tan's life, while minimizing any imperfections and fading. And lastly, don't forget to drink H_2O! Being hydrated from within helps too.

Suit, Ondade Mar. Bangles, Dinosaur Designs.

// STEP 4 //

ACCENTUATE

For the final touch, Joanna Schlip, Physicians Formula makeup artist, suggests using a powder bronzer for your face, because it's easier to blend. Choose one that's two shades darker than your skin tone, with some shimmer—not glitter.

"Bronzer should mimic the way the sun naturally hits the face," Schlip says. Start at the forehead, and draw the number "3," sweeping across the cheekbone, then circling down to the jaw line. Repeat on the opposite side, continuing down to the décolletage.

Liquid luminizers are a great way to highlight any area you want to emphasize. Try some underneath brows, atop cheekbones and along collarbones. Complement your coloring with the perfect pearlescent shade: olive complexions look best with beige tones; pinky/peach accentuates fair skin.

Hair: Jeanie Sfyu for TRESemmé/Contact NYC. Makeup: Viktorija Bowers for Smashbox at Kate Ryan Inc.

SEE BUYER'S GUIDE, PAGE 198.

Follow the golden rules—and pick the right products—for a flawless faux tan.

// STEP 1 //

PREP

Massage **St. Tropez Tan Optimiser Body Polish** in circular motions to slough off even the toughest dead skin cells. $20

// STEP 2 //

APPLY

Fake Bake's Flawless has the same luxe formula as the brand's in-spa spray tans. Plus, it comes with a professional mitt to even out and blend. $24

Twist the dial on **Victoria's Secret Beach Sexy Custom Tan** to choose how subtle or dark you want your glow to go. $14

L'Oréal Paris Sublime Bronze Self-Tanning Gel cools upon contact, and dries in seconds. Read: no anxiously waiting to get dressed. $10.50

Just one **TanTowel Classic Full Body Self Tanner Towelette** will cover you from head to toe. Wipe, toss and wash hands. No stress, no mess! $21/5

// STEP 3 //

EXTEND

Jergens Natural Glow Foaming Daily Moisturizer gives you just-right color, but it's so lightweight, you'll forget you've got it on. $9

Alba Botanica Very Emollient Body Lotion Medium Bronzing Formula moisturizes to the max with shea butter, almond oil and aloe vera. $14.50

Photos (both pages): Bryan McCay.

// STEP 4 //

ACCENTUATE

Physicians Formula Bronze Booster blends multiple golden shades to match any and all complexions. $15

Brush **e.l.f. Radiance Enhancer** over makeup or on bare skin to highlight your favorite feature. $3

An a.m. application of **Maybelline New York Fit Me! Bronzer** keeps you glowing through nighttime—no touch-ups required. $5.50

Editor's Pick

Swipe **Tanee Tan Line Corrector** over any missed spots or faded areas—its sponge-pen applicator blends tanner into existing color seamlessly. $7

HUMIRA® (Hu-MARE-ah) (adalimumab)

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of your immune system to fight infections. **Serious infections have happened in people taking HUMIRA. These serious infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some people have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should check you closely for signs and symptoms of TB during treatment with HUMIRA.

You should not start taking HUMIRA if you have any kind of infection unless your doctor says it is okay.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection or have symptoms of infection such as:
  - fever, sweats, or chills
  - warm, red, or painful skin or sores on your body
  - muscle aches
  - diarrhea or stomach pain
  - cough
  - burning when you urinate or urinate more often than normal
  - shortness of breath
  - feel very tired
  - blood in phlegm
  - weight loss
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine ORENCIA® (abatacept), KINERET® (anakinra), RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection.

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Cancer

- For children and adults taking TNF-blockers, including HUMIRA, the chances of getting cancer may increase.
- There have been cases of unusual cancers in children, teenagers, and young adults using TNF-blockers.
- People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.
- If you use TNF blockers including HUMIRA your chance of getting two types of skin cancer may increase (basal cell cancer and squamous cell cancer of the skin). These types of cancer are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Some people receiving TNF blockers including HUMIRA developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. Most of these people were male teenagers or young men. Also, most people were being treated for Crohn's disease or ulcerative colitis with another medicine called IMURAN® (azathioprine) or PURINETHOL® (6-mercaptopurine).

See the "What are the possible side effects of HUMIRA?" section.

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used to:

- Reduce the signs and symptoms of:
  - **moderate to severe rheumatoid arthritis (RA) in adults.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children** 4 years and older. HUMIRA can be used alone, with methotrexate, or with certain other medicines.
  - **psoriatic arthritis (PsA) in adults.** HUMIRA can be used alone or with certain other medicines.
  - **ankylosing spondylitis (AS) in adults.**
  - **moderate to severe Crohn's disease (CD) in adults** when other treatments have not worked well enough.
- **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults** who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

What should I tell my doctor before taking HUMIRA?

HUMIRA may not be right for you. Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See **"What is the most important information I should know about HUMIRA?"**
- have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children with juvenile idiopathic arthritis should be brought up to date with all vaccines before starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.
- are pregnant or planning to become pregnant. It is not known if HUMIRA will harm your unborn baby. HUMIRA should only be used during a pregnancy if needed. **Pregnancy Registry:** Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1–877–311–8972.
- breastfeeding or plan to breastfeed. You and your doctor should decide if you will breastfeed or use HUMIRA. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Especially tell your doctor if you use:

- ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol) or SIMPONI® (golimumab), because you should not use

HUMIRA while you are also taking one of these medicines.

- RITUXAN® (rituximab). Your doctor may not want to give you HUMIRA if you have received RITUXAN® (rituximab) recently.
- IMURAN® (azathioprine) or PURINETHOL® (mercaptopurine, 6-MP).

Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than you were prescribed.**
- See the **Patient Instructions for Use** inside the carton for complete instructions for the right way to prepare and inject HUMIRA.
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (1-800-448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection after he/she has been shown how to prepare and inject HUMIRA.
- **Do not** try to inject HUMIRA yourself until you have been shown the right way to give the injections. If your doctor decides that you or a caregiver may be able to give your injections of HUMIRA at home, you should receive training on the right way to prepare and inject HUMIRA.
- Do not miss any doses of HUMIRA unless your doctor says it is okay. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. In case you are not sure when to inject HUMIRA, call your doctor or pharmacist.
- If you take more HUMIRA than you were told to take, call your doctor.

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

- **Serious Infections.**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. People who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

- **Hepatitis B infection in people who carry the virus in their blood.**

If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use HUMIRA. Your doctor may do blood tests before you start treatment with HUMIRA and while you are using HUMIRA. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- muscle aches
- clay-colored bowel movements
- feel very tired
- fever
- dark urine
- chills
- skin or eyes look yellow
- stomach discomfort
- little or no appetite
- skin rash
- vomiting

- **Allergic reactions.** Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction:
  - hives
  - swelling of your face, eyes, lips or mouth
  - trouble breathing
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have. Call your doctor right away** if you get new worsening symptoms of heart failure while taking HUMIRA, including:
  - shortness of breath
  - swelling of your ankles or feet
  - sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may improve when you stop HUMIRA.
- **Liver Problems.** Liver problems can happen in people who use TNF-blocker medicines. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
  - feel very tired
  - skin or eyes look yellow
  - poor appetite or vomiting
  - pain on the right side of your stomach (abdomen)
- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- injection site reactions: redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. Call your doctor right away if you have pain, redness or swelling around the injection site that does not go away within a few days or gets worse.
- upper respiratory infections (including sinus infections)
- headaches
- rash
- nausea

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

General information about HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (1-800-448-6472).

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64C-568417 **MASTER**

64X-569802

HEALTH

→ SMART WAYS TO LIVE WELL → STRATEGIES FOR EATING RIGHT → EASY FITNESS PLANS

Photo: Kristiane Vey/Jump Foto.

Brain Gain

Walking for exercise will help keep your body fit as you age—and could also strengthen your mind. In a University of Pittsburgh study, older adults who had been walking at least 6 miles a week (that's equivalent to a daily 20- to 25-minute stroll) since they hit middle age were less likely to suffer from dementia. Researchers say exercise preserves the amount of gray matter in the brain, which in turn helps prevent memory problems.

→ BY CHRISTINE MATTHEIS

CHEER UP YOUR DIET

Lower your risk of depression by reducing the amount of artery-clogging trans fats in your diet. New research shows that people who consume less than 2 grams a day of this type of fat (found in stick margarine, fast food and packaged baked goods) are almost 50% less likely to suffer from depression. << Take it a step further and cook with olive oil instead of butter.

Q&A

Sometimes I feel a fluttering sensation in my chest. Should I mention it to my doctor?

Yes. Chest palpitations are often a symptom of atrial fibrillation, a common heart rhythm disorder that can lead to blood clots and strokes. Less than 30% of the 2.3 million Americans who experience these flutters consult with their doctors and receive proper treatment. Blood thinners and medications that control the heart's rhythm typically reduce the risk of complications, though some patients need catheter ablation, which uses radio waves to destroy the small areas of heart tissue causing the condition.

SPLIT DECISION

Many consumers save money by cutting pills in half (larger doses often cost the same as smaller ones), but they're sliced unevenly up to a third of the time—and some shouldn't be halved at all. Consult your doctor and heed the FDA's advice:

- Pills approved for dividing have a score mark indicating where to split.
- Cut and take both halves before splitting a new one—broken pieces may lose potency when exposed to heat and humidity.
- Use a splitting device. Some versions work better than others depending on the size and shape of your pill; ask your pharmacist.

(TANGLED WEB)

A recent survey shows that 80% of people with Internet access use it to search for info about health, medicine and medical conditions. "The Web is a great tool, but patients should use it carefully," says Kevin Pho, M.D., an internist and blogger in Nashua, New Hampshire. His do's and don'ts:

✔ **DO › Check the source of the information.** Only 25% of patients who surf the Web for medical help consider the source. Look for websites backed by a university, medical center or well-known health organization like the Centers for Disease Control and Prevention or the American Heart Association.

✘ **DON'T › Consult sites that sell something.** If making money is the top priority, then the content may be skewed to promote a product or service.

✔ **DO › Seek out other patients who are going through the same thing as you.** Online communities can sometimes provide insight that doctors cannot. For example, physicians don't necessarily know which mouthwash best soothes sores caused by chemo. Just keep in mind that no two experiences are exactly alike, so don't take other patients' stories and advice as gospel.

✘ **DON'T › Ask for specific medical advice.** It's impossible to know who's answering questions posted online. Your doctor understands the nuances of your health history and can make the best-informed suggestions about your care.

Photos (clockwise from top left): Aras-Stockfood Munich/Stockfood; Image Source/Getty Images; Walter B. McKenzie/Getty Images.

INDICATIONS

EXELON® *PATCH* (rivastigmine transdermal system) and EXELON (rivastigmine tartrate) capsules are prescription medicines used to treat people with mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia (PDD).

Persons who have been diagnosed with Parkinson's disease for at least 2 years and in whom other causes of dementia have been ruled out may have PDD if they experience trouble with the following: executive function (i.e. remembering things, solving problems, and planning), memory retrieval, and attention.

IMPORTANT SAFETY INFORMATION

EXELON should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON.

Mistakes in using EXELON *PATCH* have resulted in serious side effects; some cases have required hospitalization, and rarely, led to death. Most mistakes have involved not removing the old patch when putting on a new one and the use of multiple patches at one time. Only one EXELON *PATCH* should be worn at a time. If you accidentally apply more EXELON *PATCHES* than you should, remove all EXELON *PATCHES* and inform the doctor immediately.

At higher than recommended doses, EXELON *PATCH* is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. EXELON capsules have been associated with significant stomach related side effects including nausea, vomiting, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not taken EXELON for more than three days, do not start taking it again until you have talked to a doctor.

In a study, the most common side effects with EXELON *PATCH* were nausea, vomiting, and diarrhea. The most common side effects in studies with EXELON capsules were nausea, vomiting, decreased appetite, indigestion and weakness in Alzheimer's dementia, and nausea, vomiting, tremor, decreased appetite, and dizziness in Parkinson's disease dementia.

People at risk for stomach ulcers or who take certain medicines should tell their doctor before starting EXELON, because serious stomach problems such as bleeding may occur. People with certain heart conditions should tell their doctor before starting EXELON because they may experience fainting or slow heart rate. People with serious lung conditions and difficulty breathing, bladder problems, seizures, or tremors should consult their doctor before using EXELON therapy. In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON capsules. People on EXELON who feel dizzy or drowsy should not drive or use machines.

EXELON® ***PATCH***
(rivastigmine transdermal system)

for the treatment of mild to moderate alzheimer's disease

Weight should be checked while the person is using EXELON. Weight loss/loss of appetite may occur. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON due to these side effects.

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON should not be taken at the same time with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/MedWatch or call 1-800-FDA-1088.

Novartis is proud to offer Patient Assistance Now, an easy-to-use, comprehensive resource that allows you to access programs that may help you pay for your Novartis medicines.

Please see Brief Summary of Important Product Information on adjacent page.

IMPORTANT PATIENT INFORMATION

EXELON®PATCH (rivastigmine transdermal system) | ECS-'el-on

EXELON PATCH IS FOR SKIN USE ONLY.

Read this Patient Information leaflet before you start using Exelon Patch and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical condition or your treatment. If you do not understand the information, or have any questions about Exelon Patch, talk with your healthcare provider or pharmacist.

WHAT IS EXELON PATCH?

Exelon Patch is a prescription medicine used to treat:

- mild to moderate memory problems (dementia) associated with Alzheimer's disease.
- mild to moderate memory problems (dementia) associated with Parkinson's disease.

It is not known if Exelon Patch is safe or effective in children.

WHO SHOULD NOT USE EXELON PATCH?

Do not use Exelon Patch if you are allergic to rivastigmine, carbamate derivatives, or any of the ingredients in Exelon Patch. Ask your healthcare provider if you are not sure.

WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE USING EXELON PATCH?

Before you use Exelon Patch, tell your healthcare provider if you:

- have or ever had a stomach ulcer
- are planning to have surgery
- have or ever had problems with your heart
- have problems passing urine
- have or ever had seizures
- have problems with movement (tremors)
- have asthma or breathing problems
- have a loss of appetite or are losing weight
- are pregnant or plan to become pregnant. It is not known if Exelon Patch will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant.
- are breastfeeding or plan to breastfeed. It is not known if Exelon Patch passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use Exelon Patch.

Tell your healthcare provider about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you take:

- a medicine used to treat inflammation (nonsteroidal anti-inflammatory drugs)
- other medicines used to treat Alzheimer's or Parkinson's disease
- an anticholinergic medicine, such as an allergy or cold medicine, a medicine to treat bladder or bowel spasms, or certain asthma medicines

Ask your healthcare provider if you are not sure if your medicine is one listed above. Know the medicines you take.

HOW SHOULD I USE EXELON PATCH?

- Use Exelon Patch exactly as your healthcare provider tells you to use it.
- Wear only 1 Exelon Patch at a time.
- Exelon Patch is for skin use only.
- Do not apply Exelon Patch to skin that is red, irritated, or has cuts.
- Change your Exelon Patch every 24 hours at the same time of day.
- Change your application site every day to avoid skin irritation. You can use the same area, but do not use the same spot for at least 14 days after your last application.
- If your Exelon Patch falls off, put on another patch right away and then replace the new patch the next day at the same time as usual. If you miss a dose or forget to change your Exelon Patch, apply your next Exelon Patch as soon as you remember. Do not apply 2 Exelon Patches to make up for the missed dose.
- If you miss more than three days of applying Exelon Patch, call your healthcare provider before putting on another patch.
- You must remove Exelon Patch from the previous day *before* applying a new one.
- **Having more than one patch on your body at the same time can cause you to get too much Exelon, which can cause serious side effects; some cases have required hospitalization, and rarely, led to death. If you accidentally use more than one Exelon Patch at a time, remove them all and call your healthcare provider. If you are unable to reach your healthcare provider, contact your local Poison Control Center or go to the nearest hospital emergency room right away.**

WHAT SHOULD I AVOID WHILE USING EXELON PATCH?

- Do not touch your eyes after you touch the Exelon Patch.
- Exelon Patch can cause drowsiness, dizziness, weakness, or fainting. Do not drive, operate heavy machinery, or do other dangerous activities until you know how Exelon Patch affects you.
- Avoid exposure to external heat sources such as excessive sunlight, saunas, or solariums for long periods of time.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF EXELON PATCH?

Exelon Patch may cause serious side effects including:

- **Stomach or bowel (intestinal) problems,** including:
  - nausea
  - vomiting
  - diarrhea
  - loss of appetite
  - weight loss
  - bleeding in your stomach (ulcers)

WHAT ARE THE POSSIBLE SIDE EFFECTS OF EXELON PATCH? *(continued)*

- **heart problems**
- **seizures**
- **problems with movement (tremors)**

The most common side effects of Exelon Patch include:

- nausea
- vomiting
- diarrhea

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Exelon Patch. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF EXELON PATCH.

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information leaflet. Do not use Exelon Patch for a condition for which it was not prescribed. Do not give Exelon Patch to other people, even if they have the same symptoms you have. It may harm them.

This Patient Information leaflet summarizes the most important information about Exelon Patch. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about Exelon Patch that is written for health professionals.

→ BY CHRISTINE MATTHEIS

BEST FOOT FORWARD

Active kids are at increased risk of developing overuse injuries like tendonitis and muscle strains. Instead of slowing your teens down, employ these strategies from Robert Burger, M.D., an orthopedic surgeon and member of the American Society for Sports Medicine.

BUY THEM SHOES THAT FIT

Visit a running store, where employees will be able to help you find a sneaker that works best for the shape of your child's foot and the motion of her ankle.

REPLACE THEIR FOOTWEAR OFTEN

As a general rule, get your kids a new pair every six months. Check for worn soles and angled heels, which can lead to ankle and knee problems.

KEEP THEM OFF THE STREETS

Running on slanted roads throws hips, knees and ankles out of alignment, and places excess stress on one side of the body. A track is ideal—the surface is easier on the joints.

REMIND THEM TO WARM UP

Five minutes of basic stretching increases range of motion and blood flow to the muscles.

Q+A

MY DAUGHTER HAS HAD STREP THROAT THREE TIMES IN THE LAST TWO YEARS. SHOULD SHE HAVE HER TONSILS REMOVED?

A: Probably not. According to new guidelines from the American Academy of Otolaryngology, only kids who've had seven throat infections in one year or have breathing problems during sleep due to enlarged tonsils should be considered for surgery.

BRUSH IT OFF

Don't be alarmed by faint white spots or streaks on your children's teeth. It's a harmless condition affecting 40% of teens. Dental fluorosis develops from excess fluoride swallowed at a young age. Kids can start using an over-the-counter bleaching agent at age 13 to eliminate the white marks.

Source: American Academy of Pediatric Dentistry

Beyond Buzzed

Tweens, on average, consume 109 mg of caffeine daily—double the recommended limit, according to research from the University of Nebraska. "The more caffeine kids have, the less they sleep," says study author William Warzak, Ph.D. That can lead to a weakened immune system, trouble concentrating in school and obesity. You may be surprised by how much of the stimulant some products contain.

AMPED UP	AMOUNT OF CAFFEINE
Coffee ice cream (½ cup)	30–90 mg
Orange soda (12 oz)	Up to 40 mg
Dark chocolate (1.5 oz)	35 mg
Coffee-flavored yogurt (1 cup)	Up to 36 mg

Check the product's label to see if caffeine is near the top of the ingredient list.

Photos (clockwise from top): Stefan Eisend/Jump Foto; Radius Images/Corbis; Jay Reilly/Getty Images.

WALK IT OFF

→ BY CHRISTINE MATTHEIS

LOSE MORE WEIGHT IN *LESS* TIME

Making a few changes to your walking workout will send your body straight into fat-burning mode. "Varying what you do will force your muscles to work in different ways, helping you to slim down and get fit faster," says Jennifer Cassetty, a personal trainer and exercise physiologist. When planning your walks, work in these calorie blasters.

HILLS ⟩ Walking up an incline elevates your heart rate and targets your quadriceps and glutes; the way down tones your calves and backs of thighs.

STAIRS ⟩ Recent research found that climbing them is two times as difficult and burns twice as many calories as walking on level ground.

INTERVALS ⟩ A Mayo Clinic report found that women who alternated short periods of fast and slow walking lost more weight and gained more leg strength than those who walked at a continuous moderate pace.

UNEVEN GROUND ⟩ Walking on a grass, dirt or gravel path burns 24% more calories per hour than taking your jaunt on pavement, because the rough surfaces make it slightly more challenging to maintain your balance.

SAND ⟩ Live or vacation near water? A sandy beach forces your legs and butt to work harder at pushing your body forward as your feet sink into the shoreline. You'll get an even tougher workout by marching through ankle-deep surf.

YOUR GET-FIT-FAST PLAN

Follow this routine from Cassetty for four weeks. Couple it with a healthy diet, and you could lose up to 10 pounds by the end of the month.

DAY 1	Ascend a hill fast for 3 minutes, then walk back down. Repeat for a total of 30 minutes.
DAY 2	Walk a hilly route at a moderate pace for 30 minutes.
DAY 3	Find a long set of stairs; a high school stadium is ideal. Go up one step at a time for the first flight. The next time up, take them two at a time. Continue to alternate (but always hit every step on the way down) for 30 minutes.
DAY 4	Spend at least a half hour doing a heart-pumping activity of your choice, such as biking, swimming or playing tennis.
DAY 5	For 45 minutes to an hour, walk at a moderate pace on a nature trail, gravel path or beach.
DAY 6	Walk 10 minutes at a moderate pace to warm up. Speed up for 2 minutes, then return to moderate for 2 minutes; repeat for a total of 20 minutes. Take 5 minutes at a slow pace to cool down.
DAY 7	Rest or go for an easy 20-minute stroll.

MOMster® GIVEAWAY

Ten readers will be walking into summer in a C9 by Champion for Target outfit. Visit momster.com/lose10pounds to ask trainer Jennifer Cassetty a fitness question. If she answers yours, you'll win a shirt, shorts and sports bra from C9 ($42 value).

Photo (main): Tom Corbett. Hair: Jeanie Syfu for TRESemmé/Contact NYC. Makeup: Viktorija Bowers for Kate Ryan Inc. Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com. Clothing: Sports bra and knee pant, Champion, $30 and $36, championusa.com. Sneakers, Asics, $70, asics.com.

your body
is mostly water
keep it
pure

Introducing
Crystal Light Pure

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No artificial sweeteners
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Only 15 calories

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Crystal Light
15 CALORIES
pure
NO ARTIFICIAL SWEETENERS, FLAVORS OR PRESERVATIVES
FITNESS DRINK WITH ELECTROLYTES
GRAPE
NATURALLY SWEETENED DRINK MIX

naturally sweetened with truvía™*

Prolia®

Prolia® is a prescription medicine used to treat osteoporosis in women after menopause who:

- **have an increased risk for fractures**
- **cannot use another osteoporosis medicine or other osteoporosis medicines did not work well**

Important Safety Information

What is the most important information I should know about Prolia®?

Prolia® can cause serious side effects:

Low calcium levels in your blood (hypocalcemia). Prolia® may lower the calcium levels in your blood. If you have low blood calcium, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia®.

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood. Take calcium and vitamin D as your doctor tells you to.

Serious infections. Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

Prolia® is a medicine that may affect your immune system. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems. Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Severe jaw bone problems (osteonecrosis). Severe jaw bone problems may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

prolia®
(denosumab) injection

MEDICATION GUIDE
Prolia® (PRÓ-lee-a) *(denosumab)* Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

Prolia can cause serious side effects including:

1. **Low calcium levels in your blood (hypocalcemia).** Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:
   - Spasms, twitches, or cramps in your muscles
   - Numbness or tingling in your fingers, toes, or around your mouth

   Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.
2. **Serious infections.** Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

   Prolia is a medicine that may affect your immune system. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

   Call your doctor right away if you have any of the following symptoms of infection:
   - Fever or chills
   - Skin that looks red or swollen and is hot or tender to touch
   - Severe abdominal pain
   - Frequent or urgent need to urinate or burning feeling when you urinate
3. **Skin problems.** Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:
   - Redness
   - Itching
   - Small bumps or patches (rash)
   - Your skin is dry or feels like leather
   - Blisters that ooze or become crusty
   - Skin peeling
4. **Severe jaw bone problems (osteonecrosis).** Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to treat osteoporosis (thinning and weakening of bone) in women after menopause ("change of life") who
- Have an increased risk for fractures (broken bones).
- Cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

Who should not receive Prolia?

Do not take Prolia if you have been told by your doctor that your blood calcium level is too low.

What should I tell my doctor before receiving Prolia?

Before taking Prolia, tell your doctor if you:
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.
  Pregnancy Surveillance Program: Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling with Amgen's Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.
- Are breast-feeding or plan to breast-feed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breast-feed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.
- See **"What is the most important information I should know about Prolia?"**
- **Long-term effects on bone:** It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones or unusual fractures.

The most common side effects of Prolia are:
- Back pain
- Pain in your arms and legs
- High cholesterol
- Muscle pain
- Bladder infection

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I handle Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

This Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab
Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

What is osteoporosis?

Osteoporosis is a disease in which the bones become thin and weak, increasing the chance of having a broken bone. Osteoporosis usually causes no symptoms until a fracture happens. The most common fractures are in the spine (backbone). They can shorten height, even without causing pain. Over time, the spine can become curved or deformed and the body bent over. Fractures from osteoporosis can also happen in almost any bone in the body, for example: the wrist, rib, or hip. Once you have had a fracture, the chance for more fractures greatly increases.

The following risk factors increase your chance of getting fractures from osteoporosis:
- Past broken bones from osteoporosis
- Very low bone mineral density (BMD)
- Frequent falls
- Limited movement, such as using a wheelchair
- Medical conditions likely to cause bone loss, such as some kinds of arthritis
- Taking steroid medicines called glucocorticoids, such as prednisone
- Other medicines that may cause bone loss, for example: seizure medicines (such as phenytoin), blood thinners (such as heparin), high doses of vitamin A

What can I do to treat osteoporosis?

There are many steps you can take to treat osteoporosis. Taking Prolia, along with calcium and vitamin D, may be one option for you.

Amgen Manufacturing Limited, a subsidiary of Amgen Inc.
One Amgen Center Drive
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This Medication Guide has been approved by the US Food and Drug Administration.

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sun smarts

STEPS YOU TAKE TODAY CAN HELP PREVENT SKIN CANCER TOMORROW.

BY LAURIE TARKAN PHOTOGRAPHY BY TOM CORBETT

The ozone layer is shrinking, the rates of skin cancer are rising, and you can still recall the blistering sunburns you had as a kid or those deep dark tans you (regrettably) worked so hard on as a teen. But does that mean you're doomed to get skin cancer? Absolutely not. "Careful sun avoidance and safe sun practices at any age can greatly reduce your risk," says Barbara Gilchrest, M.D., professor of dermatology at Boston University School of Medicine. Nearly 80% of your lifetime sun exposure happens after the age of 18, so it's still vitally important to protect yourself from the sun—and the havoc it wreaks on your skin. What's more, new research shows that what you consume and how you treat the damage can help further safeguard your body's largest organ. The bonus: The steps you take to ward off skin cancer also fight wrinkles and other signs of aging. Take action today.

Use Sunscreen (Correctly)

Avoiding the sun as much as possible is unquestionably the most effective way to prevent both potentially fatal melanomas and other less dangerous, but still serious, skin cancers. Ultraviolet light generates free radicals, highly charged molecules that damage cells and DNA, and suppress the

To cover your entire body with sunscreen, you need to use at least an ounce, which is the amount that would fill a shot glass.

Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com

Hair: Jeanie Syfu for TRESemmé/Contact NYC. Makeup: Viktorija Bowers for Kate Ryan Inc. Headband, Sue Maesta, rickysnyc.com, $10/set of 2. Bikini, jessicasimpsoncollection.com, $78.

Drinking 4 cups of hot or cold green tea every day may decrease your chance of developing skin cancer.

EXTRA DEFENSE

A diet low in phosphates, found in processed meats, cheeses and soda, may reduce skin cancer risk.

cancer-fighting immune system. Experts recommend seeking the shade, heading to the pool or beach in the late afternoon (rather than midday when the sun is strongest), sporting a broad brim hat and long sleeves, and wearing sunscreen—a lot of it! A recent study from Australia found that adults who were told exactly how to apply sunscreen and maintained a strict daily regimen were 50% less likely to develop melanoma than those who were told to wear sunscreen as they always had. Here's what you need to do.

SLATHER IT ON Most people use way too little sunscreen. "If you're applying it to your face, neck and arms, you need 2 teaspoons," says Melody Eide, M.D., a dermatologist with the Henry Ford Health System in Detroit. For your entire body, use at least a shot glass full (about 1 ounce). That means a family of four should go through nearly an entire 8-ounce bottle of sunblock in just one visit to the beach—even more if you're there longer than two hours and reapplying after swimming and sweating. Studies show people tend to use one-quarter to one-half of the recommended amount, turning that SPF 30 into a 10.

READ THE LABELS Buy a sunscreen with at least SPF 30 and broad-spectrum coverage, and check for these ingredients: avobenzone, mexoryl, oxybenzone, titanium dioxide and zinc oxide. Or just look for the Skin Cancer Foundation's new "Active" seal of recommendation, which is found on many brands, including Anthelios, Banana Boat Ultra Sunblock Lotion, Coppertone Sport Sunscreen, and store-brand offerings from Rite Aid and Walgreens.

FOR EVERYDAY USE When you're not planning to be out for extended periods, you still should wear an all-day moisturizer with a sunscreen. Seek out the Skin Cancer Foundation's "Daily Use" seal for products that have SPF 15 and some UVA protection but are less protective than those with the "Active" seal.

Beneficial Foods

According to the latest research, diets rich in certain nutrients may reduce your risk of skin cancer and pre-cancers, says Jane Grant-Kels, M.D., director of the cutaneous oncology and melanoma program at University of Connecticut Health Center in Farmington. Certain foods help the body develop its own protective barrier from the sun, fight free radical damage and boost your immune system.

OMEGA FATTY ACIDS Animal testing and epidemiologic studies have found that a diet rich in omega 3 and omega 6 fatty acids lowers the risk of non-melanoma skin cancers, says Dr. Grant-Kels. Two fatty acids stand out: linoleic acid (LA), an omega 6; and alpha linolenic acid (ALA), an omega 3. "LA has a positive impact on the barrier function of the top layer of skin," says Dr. Grant-Kels. "And ALA improves the function of your immune system." LA is found in many oils, including safflower, grape seed, sunflower and corn. ALA comes from green leafy vegetables, flaxseed and walnuts, as well as soybean and canola oils. Cold-water fish, such as salmon, mackerel, sardines, herring and rainbow trout, are rich in other beneficial omegas.

GREEN TEA Polyphenols, the potent antioxidants in green tea, are thought to repair damaged DNA and stimulate the immune system, says Santosh Katiyar, Ph.D., senior scientist at the Comprehensive Cancer Center, University of Alabama at Birmingham. In one study Katiyar exposed mice to UV, while spiking their water with green tea polyphenols. The tea-guzzling mice had 60% to 75% fewer skin cancers than controls. "People should drink about four cups of green tea every day for the same level of prevention," says Katiyar.

Early Detection

Catching skin cancers early can save your skin, if not your life. The five-year survival rate for mel-

Headband, Sue Maesta, rickysnyc.com, $8. Swimsuit, 949-717-7881, $139.

A LAYER OF PROTECTION

While you always need sunscreen on exposed skin, ultraviolet protection factor (UPF) clothing can protect the rest of your body. "There's no chance you'll miss a spot," says Deborah S. Sarnoff, M.D., senior vice president of the Skin Cancer Foundation. Look for UPF clothing with a rating of at least 30—a typical cotton T-shirt has a UPF of 5. To check out the latest options, visit familycircle.com/UPF

MONTHLY CHECK

Using a hand mirror, examine your skin every month for any irregular spots, freckles or moles.

anoma when detected before it has started to spread is 99%, but it plummets to 15% when found at an advanced stage. When non-melanoma cancers such as squamous cell and basal cell carcinomas are small, they can typically be removed with minimal damage to your skin. When they are larger, the surgery can be disfiguring, and some rare cases can even be fatal. Despite the benefits of early detection, most Americans don't do monthly skin exams or get their skin checked by a doctor. The Skin Cancer Foundation recommends that most people check their entire body (with the help of a mirror) every month. Those with a personal or family history of melanoma or dysplastic nevi (moles that are not round and uniform), or who have more than 50 moles need to see a dermatologist at least annually, says Steven Wang, M.D., director of dermatological surgery and dermatology at Memorial Sloan-Kettering Cancer Center in Basking Ridge, New Jersey, and author of *Beating Melanoma* (Johns Hopkins Press). Even if you have no risk factors, make an appointment with a dermatologist and discuss when to return for follow-up checkups.

Examine Yourself

MELANOMAS Looking for the ABCD's (asymmetry, uneven borders, variegated color or large diameter) in moles is standard, but now experts want you to also focus on E for evolving. "We're picking up melanomas much earlier, when they're so small you can't really see borders and colors," says Dr. Wang. Any change in a mole needs to be checked by a dermatologist. **BASAL AND SQUAMOUS CELL CARCINOMAS** Non-melanomas come in many shapes and sizes. Look for an open sore that never quite heals, a reddish patch, a shiny pink or pearly bump, a pink growth with an indented center, a waxy white or yellow scar-like area, or thick, rough, scaly patches.

ACTINIC KERATOSIS (ALSO CALLED SOLAR KERATOSIS) You may feel these scaly or crusty sandpaper-like growths before you see them. They are believed to be precancerous versions of squamous cell carcinomas, so you'll probably want to have them treated.

DYSPLASTIC NEVI (ATYPICAL MOLES) While they clinically look similar to melanomas, these moles are benign. But the more of them you have, the greater your risk of developing melanoma, so see your dermatologist regularly.

AGE SPOTS (SOLAR LENTIGINES OR LIVER SPOTS) These flat or slightly raised gray, tan or brown spots sometimes resemble a cluster of freckles and are benign. "People with numerous age spots might have a lot of skin damage from the sun, but there are no studies showing that they increase a person's risk of skin cancer," says Dr. Wang.

Reversing the Damage

If your skin is freckled, sallow or wrinkled from too much sun exposure, you can remove the damage and possibly also lower your risk of cancer.

TRETINOIN TOPICAL (BRAND NAMES RETIN-A, RENOVA AND OTHERS) Approved for treating various skin conditions including acne and fine facial wrinkles, this prescription retinoid cream may also have an added benefit. Some dermatologists believe retinoids (the acidified form of vitamin A) could prevent skin cancer when paired with a broader regimen of sun protection and avoidance.

CHEMICAL PEELS In addition to rejuvenating sun-damaged skin, peels can eliminate actinic keratosis, says Chad Prather, M.D., surgical director of the Louisiana State University department of dermatology. Treatment with trichloroacetic acid has been shown to significantly reduce these rough, dry patches and lower the incidence of non-melanoma skin cancers. "The chemicals strip away the sun-damaged epidermal layers and precancerous lesions," says Dr. Prather. Superficial at-home peels or light ones done in a spa setting are not deep enough to slow the progression of actinic keratosis. ●

Headband, Sue Maesta, rickysnyc.com, $8. Swimsuit, Luxe by Lisa Vogel, swimspot.com, $109.

ASK DR. JANET

HOW TO MANAGE YOUR MOODS, YOUR RELATIONSHIPS, YOUR LIFE. **BY JANET TAYLOR, M.D.**

Janet Taylor, M.D., is a psychiatrist, mother of four and frequent contributor to the *Today* show. If you have a question for her, e-mail askdrjanet@familycircle.com.

Problem » My two sisters are adamant that I should call them back on my cell ASAP every time I see I've missed one of their calls. I say they should leave me a message if they need to hear from me. Who's right?

Dr. Janet » Aren't sibling spats fun? You're an adult, living your own life, minding your own business and—bam!—they get on your case about something and you feel 8 years old again. The good news is that you're all on good terms and are close with one another. Be glad that your sisters want to stay in touch. You certainly don't seem to be ignoring or slighting them; it seems like you're just busy. So keep explaining, politely but firmly, that if they want you to call back right away, they should please, please leave a message saying so. Otherwise, you'll chat with them when you're able. That's totally fair—and all grown up.

My neighbor recently told me he was facing foreclosure and received a federal bailout. I'm careful with my money—and resent that there was no consequence for him for taking on a mortgage he couldn't afford. Am I being too judgmental?
What you might want to ask yourself is why you feel the way you do. Was there a time when you needed assistance and didn't get it? Are you struggling with some other aspect of your personal finances? I'm no expert on the economy, but I would think that by helping people stay in their homes, the government is stabilizing the housing market, which is better for everyone. And in many cases, the people who needed mortgage relief weren't completely at fault. Bear in mind that your neighbor, like all homeowners who qualify for aid, had to go through a rigorous process. So unless he was boasting or acting like he pulled a fast one, give him a break. Erring on the side of compassion does everybody good.

I work in a small office with about 20 people and we share a refrigerator in the kitchen. For several months many of us have had food stolen. I happened to catch the thief in the act—and he's a friend of mine. He doesn't know I saw him; how should I handle this situation?
It's lousy being disappointed by someone you like and respect, and you must feel really torn. Confronting him could ruin your friendship, but staying quiet isn't right either. Here's the thing—just because you caught him one time doesn't mean he's responsible for all the missing food. And you shouldn't have to play the role of food cop. So I'd recommend telling your boss what you saw without revealing his name. At the next office-wide meeting, your boss can say the thief was spotted, but won't be identified as long as no more food is stolen. As for your friend, I'd suggest having an honest talk about his behavior. He may be having problems and could use a shoulder to lean on. ●

Photo: Frederic Lucano/Getty Images.

ADVAIR DISKUS® 100/50

(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS is for the treatment of asthma in patients 4 years and older. ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.

Important Safety Information About ADVAIR DISKUS for Asthma

- **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
  - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR.** You may need different treatment.
  - **Get emergency medical care if** breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.
- ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR. Your healthcare provider will decide if you can stop ADVAIR without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents with asthma who take LABA medicines may have an increased risk of hospitalization for asthma problems.
- Do not use ADVAIR to treat sudden, severe symptoms of asthma. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure. **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain a LABA for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
  - **sudden breathing problems immediately after inhaling your medicine**
  - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain
  - **effects on nervous system:** tremor; nervousness
  - **reduced adrenal function (may result in loss of energy)**
  - **changes in blood (sugar, potassium, certain types of white blood cells)**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
  - **slowed growth in children.** A child's growth should be checked often.
- **Common side effects of ADVAIR DISKUS include** upper respiratory tract infection, throat irritation, hoarseness and voice changes, thrush in the mouth and throat, bronchitis, cough, headache, nausea, and vomiting. In children with asthma, infections in the ear, nose, and throat are common.

Please see summary of Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Get your first full prescription FREE.* Visit ADVAIR.com

*Subject to eligibility. Restrictions apply.

Did you know asthma has two main causes?

Airway constriction and inflammation.

ADVAIR treats both of them.

Which helps prevent symptoms from occurring in the first place.

ADVAIR is not for, and should not be used to treat, sudden, severe symptoms of asthma. It won't replace a rescue inhaler.

60

ADVAIR®

®

gsk GlaxoSmithKline

GSK for you

If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder) BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

AD5390R0 January 2011

FOOD

→ HEALTHY MEALS → DELICIOUS DESSERTS → QUICK COOKING SOLUTIONS

Photo: Robin MacDougall/Getty Images.

Herb Appeal

Basil is at the heart of many Italian dishes, and the aromatic herb benefits your ticker too. The green leaves contain pro-vitamin A, an antioxidant that can help prevent plaque buildup in blood vessels. For a garden-fresh pasta, combine ½ cup pistachio nuts, 2 cups basil and 2 cloves garlic in a food processor for 1 minute. Mix in ½ cup olive oil until incorporated; add ⅔ cup grated Parmesan and ¾ teaspoon salt. Process until blended. Toss ½ cup pesto with 1 pound cooked spaghetti and ½ cup pasta water.

→ BY MEGAN BINGHAM

THE NEW GRILLED CHEESE

Just when you thought barbecues couldn't get any more delicious, here comes a fresh way to get the party started. "Grilled cheese is a great addition to your summer get-together, and it doesn't have to be in a sandwich," says Juliana Uruburu, a California cheese expert and representative for the state's Milk Advisory Board. Skip the bread with this Mediterranean-style dish.

GRILLED HALLOUMI

SERVES 6

1 package halloumi cheese (or another firm cheese, such as Yanni or Panela), cut into ½-inch slices

Heat half of grill to medium-high. Lightly grease grill rack with cooking spray. Place cheese on grill over indirect heat. After 3 minutes, flip cheese. Continue to cook until cheese has grill marks, but is soft to the touch, about 3 minutes more. Transfer to a serving plate, garnish with fresh herbs and serve.

HAPPY MEALS

Getting picky kids to eat healthy is one of the biggest challenges parents face. Enter No Whine with Dinner *(M3 Press), a book written by two registered dieticians and filled with nutritious recipes and tips to ease your finicky eater into better habits. Here, a few of our favorites:*

DO THE SQUISH TEST

When choosing whole-grain breads, opt for the softest, most kid-friendly version you can find.

DICE, SLICE OR SHRED

Add vegetables to recipes, but make them small so they'll blend in with the food.

WORK TOGETHER AS A TEAM

Include kids in the weekly meal planning, preparation and cleanup. When children are involved, they're more likely to eat what's served.

3 NEW IDEAS for CUCUMBERS

① Try this refreshing salad. Peel and thinly slice 3 cucumbers and 1 small red onion. Toss with 2 tablespoons chopped fresh dill, 1 tablespoon *each* lemon juice, vegetable oil and sugar. Season with ¾ teaspoon salt and refrigerate, covered, for 2 hours.

② For a quick hors d'oeuvre, peel 2 seedless cucumbers and cut into ¾-inch slices. Using a melon-baller, scoop out the centers of the slices. Fill with your favorite prepared dip.

③ Enjoy these cool marinated cucumbers. Place 2 thinly sliced seedless cucumbers and ½ of a thinly sliced onion in a large bowl. In a saucepan, bring to a boil ¾ cup rice vinegar, 3 tablespoons sugar, 1 teaspoon onion powder and ½ teaspoon salt. Pour mixture over cucumbers and refrigerate, covered, at least 4 hours. Serve cold.

COOL DOWN

Go ahead and indulge with these better-for-you ice cream treats.

Dreyer's Rich & Creamy Strawberry Shake

220 calories, 4 g fat

Satisfies cravings with half the fat of a traditional shake. Just add milk, stir and enjoy.

$2 each

Blue Bunny Personals Double Raspberry Frozen Yogurt

160 calories, 3.5 g fat

Enjoy the perfect portion of delicious frozen yogurt in a cute package. It even comes with a spoon!

$1 each

Skinny Cow Cookies 'n Cream Truffle Bar

110 calories, 2.5 g fat

This decadent sweet comes cloaked in chocolate ribbons and filled with fiber—3 g per serving.

$5/box of 6

Photo (grilled cheese): David Prince. Food styling: Liza Jernow. Prop styling: Loren Simons. Illustration: Barry Falls.

Real Men Cook Healthy

Good-for-you ideas from Regina Ragone, our food director/ registered dietician

HEALTHY FAMILY 2011

Most women do the happy dance when their other half offers to make dinner. The downside: What arrives at the table is usually not very healthy. But when chef Michael Lomonaco (left) of Porter House New York cooks at home for his wife, Diane, the steak guru refuses to be typecast, often opting for fish and flavorful veggies, with plenty of hot chiles, garlic, herbs and spices. If he does serve meat outside the restaurant, he looks for a leaner cut, like top-round London broil, and serves it with a garlicky chimichurri sauce and sweet onions. Taste his other suggestions for lighter but still manly meals.

Light the fire. Practically anything can be grilled with great results, says Michael. Meat, fish, poultry, vegetables, potatoes—they all hit the rack at Casa Lomonaco. Grilling food produces an especially satisfying flavor and is so much better for you than frying or sautéing in butter. Just before serving, brush on a little amped-up olive oil. To make, heat 1 cup olive oil in a saucepan, season with 1 to 2 tablespoons of your favorite barbecue spice mix (he uses smoked paprika), let steep for an hour, cool, then strain through a paper coffee filter.

Walk the plank. Cedar-plank salmon is one of the most popular picks at Porter House. Michael soaks untreated cedar shingles, readily available at lumber yards, in warm water for an hour before cooking (planks specifically for cooking are also available in many hardware stores). Season the fish fillet with salt, pepper and other spices as desired, then lay it on a cedar plank set in a roasting pan. Slide pan into a 375° oven or place it on the un-fired side of an outdoor grill, covered, 8 to 10 minutes per inch thick.

Roast for the most. Preheat a cast-iron pan over medium heat, sear meat or fish on one side for 3 minutes, flip, then slide the whole pan into a 375° oven for 5 to 7 minutes or until cooked to desired doneness.

Spice it up. Create your own barbecue rub with your favorite spices—or use Michael's (recipe, right). It complements meat, fish and poultry, and lasts for weeks in the fridge.

MICHAEL LOMONACO'S CHILI RUB

MAKES 4 servings
PREP 15 minutes

- **1 cup ancho chile powder or other single-chile powder***
- **¼ cup dark-brown sugar**
- **2 tablespoons ground cumin**
- **2 tablespoons black pepper**
- **1 tablespoon kosher salt**
- **½ cup water**

Whisk all the dry ingredients in a bowl. Bring the water to a boil and carefully add it to the dry ingredients. Stir to combine. Cool and refrigerate until using.

*If only whole, dried chiles are available, toast them in a hot pan, remove seeds and process to a powder in a food processor.

In *Your* Kitchen with Regina Inspired by the Rebucci family featured in Healthy Family Dinners? Enter at familycircle/wingroceries for a chance to receive a one-hour phone consultation with *Family Circle* Food Director (registered dietician and Rebucci coach) Regina Ragone, complete with a customized meal plan and $500 in groceries. See rules, page 198.

Photos: (grilling) Blaine Moats; (Ragone) Tina Rupp.

INDICATIONS AND USAGE Therapy with lipid-altering agents should be only one component of multiple risk factor intervention in individuals at significantly increased risk for atherosclerotic vascular disease due to hyperlipidemia. Niacin therapy is indicated as an adjunct to diet when the response to a diet restricted in saturated fat and cholesterol and other nonpharmacologic measures alone has been inadequate.

1. NIASPAN is indicated to reduce elevated TC, LDL-C, Apo B and TG levels, and to increase HDL-C in patients with primary hyperlipidemia and mixed dyslipidemia.
2. NIASPAN in combination with simvastatin or lovastatin is indicated for the treatment of primary hyperlipidemia and mixed dyslipidemia when treatment with NIASPAN, simvastatin, or lovastatin monotherapy is considered inadequate.
3. In patients with a history of myocardial infarction and hyperlipidemia, niacin is indicated to reduce the risk of recurrent nonfatal myocardial infarction.
4. In patients with a history of coronary artery disease (CAD) and hyperlipidemia, niacin, in combination with a bile acid binding resin, is indicated to slow progression or promote regression of atherosclerotic disease.

Limitations of Use No incremental benefit of NIASPAN coadministered with simvastatin or lovastatin on cardiovascular morbidity and mortality over and above that demonstrated for niacin, simvastatin, or lovastatin monotherapy has been established.

CONTRAINDICATIONS NIASPAN is contraindicated in the following conditions: • Active liver disease or unexplained persistent elevations in hepatic transaminases *[see Warnings and Precautions]* • Patients with active peptic ulcer disease • Patients with arterial bleeding • Hypersensitivity to niacin or any component of this medication *[see Adverse Reactions]*

WARNINGS AND PRECAUTIONS NIASPAN preparations should not be substituted for equivalent doses of immediate-release (crystalline) niacin. For patients switching from immediate-release niacin to NIASPAN, therapy with NIASPAN should be initiated with low doses (i.e., 500 mg at bedtime) and the NIASPAN dose should then be titrated to the desired therapeutic response.

Caution should also be used when NIASPAN is used in patients with unstable angina or in the acute phase of an MI, particularly when such patients are also receiving vasoactive drugs such as nitrates, calcium channel blockers, or adrenergic blocking agents.

Niacin is rapidly metabolized by the liver, and excreted through the kidneys. NIASPAN is contraindicated in patients with significant or unexplained hepatic impairment *[see Contraindications and Warnings and Precautions]* and should be used with caution in patients with renal impairment. Patients with a past history of jaundice, hepatobiliary disease, or peptic ulcer should be observed closely during NIASPAN therapy.

Skeletal Muscle Cases of rhabdomyolysis have been associated with concomitant administration of lipid-altering doses (≥1 g/day) of niacin and statins. Physicians contemplating combined therapy with statins and NIASPAN should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs and symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic serum creatine phosphokinase (CPK) and potassium determinations should be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy.

The risk for myopathy and rhabdomyolysis are increased when lovastatin or simvastatin are coadministered with NIASPAN, particularly in elderly patients and patients with diabetes, renal failure, or uncontrolled hypothyroidism.

Liver Dysfunction Cases of severe hepatic toxicity, including fulminant hepatic necrosis, have occurred in patients who have substituted sustained-release (modified-release, timed-release) niacin products for immediate-release (crystalline) niacin at equivalent doses.

NIASPAN should be used with caution in patients who consume substantial quantities of alcohol and/or have a past history of liver disease. Active liver diseases or unexplained transaminase elevations are contraindications to the use of NIASPAN.

Niacin preparations have been associated with abnormal liver tests. In three placebo-controlled clinical trials involving titration to final daily NIASPAN doses ranging from 500 to 3000 mg, 245 patients received NIASPAN for a mean duration of 17 weeks. No patient with normal serum transaminase levels (AST, ALT) at baseline experienced elevations to more than 3 times the upper limit of normal (ULN) during treatment with NIASPAN. In these studies, fewer than 1% (2/245) of NIASPAN patients discontinued due to transaminase elevations greater than 2 times the ULN.

In three safety and efficacy studies with a combination tablet of NIASPAN and lovastatin involving titration to final daily doses (expressed as mg of niacin/ mg of lovastatin) 500 mg/10 mg to 2500 mg/40 mg, ten of 1028 patients (1.0%) experienced reversible elevations in AST/ALT to more than 3 times the ULN. Three of ten elevations occurred at doses outside the recommended dosing limit of 2000 mg/40 mg; no patient receiving 1000 mg/20 mg had 3-fold elevations in AST/ALT.

Niacin extended-release and simvastatin can cause abnormal liver tests. In a simvastatin-controlled, 24 week study with a fixed dose combination of NIASPAN and simvastatin in 641 patients, there were no persistent increases (more than 3x the ULN) in serum transaminases. In three placebo-controlled clinical studies of extended-release niacin there were no patients with normal serum transaminase levels at baseline who experienced elevations to more than 3x the ULN. Persistent increases (more than 3x the ULN) in serum transaminases have occurred in approximately 1% of patients who received simvastatin in clinical studies. When drug treatment was interrupted or discontinued in these patients, the transaminases levels usually fell slowly to pretreatment levels. The increases were not associated with jaundice or other clinical signs or symptoms. There was no evidence of hypersensitivity.

In the placebo-controlled clinical trials and the long-term extension study, elevations in transaminases did not appear to be related to treatment duration; elevations in AST levels did appear to be dose related. Transaminase elevations were reversible upon discontinuation of NIASPAN.

Liver function tests should be performed on all patients during therapy with NIASPAN. Serum transaminase levels, including AST and ALT (SGOT and SGPT), should be monitored before treatment begins, every 6 to 12 weeks for the first year, and periodically thereafter (e.g., at approximately 6-month intervals). Special attention should be paid to patients who develop elevated serum transaminase levels, and in these patients, measurements should be repeated promptly and then performed more frequently. If the transaminase levels show evidence of progression, particularly if they rise to 3 times ULN and are persistent, or if they are associated with symptoms of nausea, fever, and/or malaise, the drug should be discontinued.

Laboratory Abnormalities *Increase in Blood Glucose:* Niacin treatment can increase fasting blood glucose. Frequent monitoring of blood glucose should be performed to ascertain that the drug is producing no adverse effects. Diabetic patients may experience a dose-related increase in glucose intolerance. Diabetic or potentially diabetic patients should be observed closely during treatment with NIASPAN, particularly during the first few months of use or dose adjustment; adjustment of diet and/or hypoglycemic therapy may be necessary.

Reduction in platelet count: NIASPAN has been associated with small but statistically significant dose-related reductions in platelet count (mean of -11% with 2000 mg). Caution should be observed when NIASPAN is administered concomitantly with anticoagulants; platelet counts should be monitored closely in such patients.

Increase in Prothrombin Time (PT): NIASPAN has been associated with small but statistically significant increases in prothrombin time (mean of approximately +4%); accordingly, patients undergoing surgery should be carefully evaluated. Caution should be observed when NIASPAN is administered concomitantly with anticoagulants; prothrombin time should be monitored closely in such patients.

Increase in Uric Acid: Elevated uric acid levels have occurred with niacin therapy, therefore use with caution in patients predisposed to gout.

Decrease in Phosphorus: In placebo-controlled trials, NIASPAN has been associated with small but statistically significant, dose-related reductions in phosphorus levels (mean of -13% with 2000 mg). Although these reductions were transient, phosphorus levels should be monitored periodically in patients at risk for hypophosphatemia.

ADVERSE REACTIONS Because clinical studies are conducted under widely varying conditions, adverse reaction rates observed in the clinical studies of a drug cannot be directly compared to rates in the clinical studies of another drug and may not reflect the rates observed in practice.

Clinical Studies Experience In the placebo-controlled clinical trials database of 402 patients (age range 21-75 years, 33% women, 89% Caucasians, 7% Blacks, 3% Hispanics, 1% Asians) with a median treatment duration of 16 weeks, 16% of patients on NIASPAN and 4% of patients on placebo discontinued due to adverse reactions. The most common adverse reactions in the group of patients treated with NIASPAN that led to treatment discontinuation and occurred at a rate greater than placebo were flushing (6% vs. 0%), rash (2% vs. 0%), diarrhea (2% vs. 0%), nausea (1% vs. 0%), and vomiting (1% vs. 0%). The most commonly reported adverse reactions (incidence >5% and greater than placebo) in the NIASPAN controlled clinical trial database of 402 patients were flushing, diarrhea, nausea, vomiting, increased cough and pruritus.

In the placebo-controlled clinical trials, flushing episodes (i.e., warmth, redness, itching and/or tingling) were the most common treatment-emergent adverse reactions (reported by as many as 88% of patients) for NIASPAN. Spontaneous reports suggest that flushing may also be accompanied by symptoms of dizziness, tachycardia, palpitations, shortness of breath, sweating, burning sensation/skin burning sensation, chills, and/or edema, which in rare cases may lead to syncope. In pivotal studies, 6% (14/245) of NIASPAN patients discontinued due to flushing. In comparisons of immediate-release (IR) niacin and NIASPAN, although the proportion of patients who flushed was similar, fewer flushing episodes were reported by patients who received NIASPAN. Following 4 weeks of maintenance therapy at daily doses of 1500 mg, the incidence of flushing over the 4-week period averaged 8.6 events per patient for IR niacin versus 1.9 following NIASPAN.

Other adverse reactions occurring in ≥5% of patients treated with NIASPAN and at an incidence greater than placebo are shown in Table 1 below.

Table 1. Treatment-Emergent Adverse Reactions by Dose Level in ≥ 5% of Patients and at an Incidence Greater than Placebo; Regardless of Causality Assessment in Placebo-Controlled Clinical Trials

	Placebo-Controlled Studies NIASPAN Treatment[@]				
			Recommended Daily Maintenance Doses [†]		
	Placebo (n = 157) %	500 mg[‡] (n = 87) %	1000 mg (n = 110) %	1500 mg (n = 136) %	2000 mg (n = 95) %
Gastrointestinal Disorders					
Diarrhea	13	7	10	10	14
Nausea	7	5	6	4	11
Vomiting	4	0	2	4	9
Respiratory					
Cough, Increased	6	3	2	< 2	8
Skin and Subcutaneous Tissue Disorders					
Pruritus	2	8	0	3	0
Rash	0	5	5	5	0
Vascular Disorders					
Flushing[&]	19	68	69	63	55

Note: Percentages are calculated from the total number of patients in each column.

† Adverse reactions are reported at the initial dose where they occur.

@ Pooled results from placebo-controlled studies; for NIASPAN, n = 245 and median treatment duration = 16 weeks. Number of NIASPAN patients (n) are not additive across doses.

‡ The 500 mg/day dose is outside the recommended daily maintenance dosing range.

& 10 patients discontinued before receiving 500 mg, therefore they were not included.

In general, the incidence of adverse events was higher in women compared to men.

Postmarketing Experience Because the below reactions are reported voluntarily from a population of uncertain size, it is generally not possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

The following additional adverse reactions have been identified during post-approval use of NIASPAN:

Hypersensitivity reactions, including anaphylaxis, angioedema, urticaria, flushing, dyspnea, tongue edema, larynx edema, face edema, peripheral edema, laryngismus, and vesiculobullous rash; maculopapular rash; dry skin; tachycardia; palpitations; atrial fibrillation; other cardiac arrhythmias; syncope; hypotension; postural hypotension; blurred vision; macular edema; peptic ulcers; eructation; flatulence; hepatitis; jaundice; decreased glucose tolerance; gout; myalgia; myopathy; dizziness; insomnia; asthenia; nervousness; paresthesia; dyspnea; sweating; burning sensation/skin burning sensation; skin discoloration, and migraine.

Clinical Laboratory Abnormalities Chemistry: Elevations in serum transaminases *[see Warnings and Precautions]*, LDH, fasting glucose, uric acid, total bilirubin, amylase and creatine kinase, and reduction in phosphorus.

Hematology: Slight reductions in platelet counts and prolongation in prothrombin time *[see Warnings and Precautions]*.

DRUG INTERACTIONS Statins Caution should be used when prescribing niacin (≥1 gm/day) with statins as these drugs can increase risk of myopathy/ rhabdomyolysis. Combination therapy with NIASPAN and lovastatin or NIASPAN and simvastatin should not exceed doses of 2000 mg NIASPAN and 40 mg lovastatin or simvastatin daily. *[see Warnings and Precautions]*.

Bile Acid Sequestrants An *in vitro* study results suggest that the bile acid-binding resins have high niacin binding capacity. Therefore, 4 to 6 hours, or as great an interval as possible, should elapse between the ingestion of bile acid-binding resins and the administration of NIASPAN.

Aspirin Concomitant aspirin may decrease the metabolic clearance of nicotinic acid. The clinical relevance of this finding is unclear.

Antihypertensive Therapy Niacin may potentiate the effects of ganglionic blocking agents and vasoactive drugs resulting in postural hypotension.

Other Vitamins or other nutritional supplements containing large doses of niacin or related compounds such as nicotinamide may potentiate the adverse effects of NIASPAN.

Laboratory Test Interactions Niacin may produce false elevations in some fluorometric determinations of plasma or urinary catecholamines. Niacin may also give false-positive reactions with cupric sulfate solution (Benedict's reagent) in urine glucose tests.

USE IN SPECIFIC POPULATIONS Pregnancy Pregnancy Category C. Animal reproduction studies have not been conducted with niacin or with NIASPAN. It is also not known whether niacin at doses typically used for lipid disorders can cause fetal harm when administered to pregnant women or whether it can affect reproductive capacity. If a woman receiving niacin for primary hyperlipidemia becomes pregnant, the drug should be discontinued. If a woman being treated with niacin for hypertriglyceridemia conceives, the benefits and risks of continued therapy should be assessed on an individual basis.

All statins are contraindicated in pregnant and nursing women. When NIASPAN is administered with a statin in a woman of childbearing potential, refer to the pregnancy category and product labeling for the statin.

Nursing Mothers Niacin is excreted into human milk but the actual infant dose or infant dose as a percent of the maternal dose is not known. Because of the potential for serious adverse reactions in nursing infants from lipid-altering doses of nicotinic acid, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. No studies have been conducted with NIASPAN in nursing mothers.

Pediatric Use Safety and effectiveness of niacin therapy in pediatric patients (≤16 years) have not been established.

Geriatric Use Of 979 patients in clinical studies of NIASPAN, 21% of the patients were age 65 and over. No overall differences in safety and effectiveness were observed between these patients and younger patients, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out.

Renal Impairment No studies have been performed in this population. NIASPAN should be used with caution in patients with renal impairment *[see Warnings and Precautions]*.

Hepatic Impairment No studies have been performed in this population. NIASPAN should be used with caution in patients with a past history of liver disease and/or who consume substantial quantities of alcohol. Active liver disease, unexplained transaminase elevations and significant or unexplained hepatic dysfunction are contraindications to the use of NIASPAN *[see Contraindications and Warnings and Precautions]*.

Gender Data from the clinical trials suggest that women have a greater hypolipidemic response than men at equivalent doses of NIASPAN.

OVERDOSAGE Supportive measures should be undertaken in the event of an overdose.

PATIENT COUNSELING INFORMATION Patient Counseling Patients should be advised to adhere to their National Cholesterol Education Program (NCEP) recommended diet, a regular exercise program, and periodic testing of a fasting lipid panel.

Patients should be advised to inform other healthcare professionals prescribing a new medication that they are taking NIASPAN.

The patient should be informed of the following:

Dosing Time NIASPAN tablets should be taken at bedtime, after a low-fat snack. Administration on an empty stomach is not recommended.

Tablet Integrity NIASPAN tablets should not be broken, crushed or chewed, but should be swallowed whole.

Dosing Interruption If dosing is interrupted for any length of time, their physician should be contacted prior to restarting therapy; re-titration is recommended.

Muscle Pain Notify their physician of any unexplained muscle pain, tenderness, or weakness promptly. They should discuss all medication, both prescription and over the counter, with their physician.

Flushing Flushing (warmth, redness, itching and/or tingling of the skin) is a common side effect of niacin therapy that may subside after several weeks of consistent NIASPAN use. Flushing may vary in severity and is more likely to occur with initiation of therapy, or during dose increases. By dosing at bedtime, flushing will most likely occur during sleep. However, if awakened by flushing at night, the patient should get up slowly, especially if feeling dizzy, feeling faint, or taking blood pressure medications. Advise patients of the symptoms of flushing and how they differ from the symptoms of a myocardial infarction.

Use of Aspirin Medication Taking aspirin (up to the recommended dose of 325 mg) approximately 30 minutes before dosing can minimize flushing.

Diet Avoid ingestion of alcohol, hot beverages and spicy foods around the time of taking NIASPAN to minimize flushing.

Supplements Notify their physician if they are taking vitamins or other nutritional supplements containing niacin or nicotinamide.

Dizziness Notify their physician if symptoms of dizziness occur.

Diabetics If diabetic, to notify their physician of changes in blood glucose.

Pregnancy Discuss future pregnancy plans with your patients, and discuss when to stop NIASPAN if they are trying to conceive. Patients should be advised that if they become pregnant, they should stop taking NIASPAN and call their healthcare professional.

Breastfeeding Women who are breastfeeding should be advised to not use NIASPAN. Patients, who have a lipid disorder and are breastfeeding, should be advised to discuss the options with their healthcare professional.

Manufactured for Abbott Laboratories, North Chicago, IL 60064, U.S.A.
500 mg tablets
by Norwich Pharmaceuticals, Inc., Norwich, NY 13815
or
500 mg, 750 mg and 1000 mg tablets
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303-525002 **MASTER**

303-541509

HEALTHY FAMILY DINNERS®

SUPPERS WITH SIZZLE

BY MICHAEL TYRRELL & JULIE MILTENBERGER

PHOTOGRAPHY BY DAVID PRINCE

HEALTHY FAMILY 2011

{ MIXED GRILL KABOBS }

PAGE 184

OUR 10 DELICIOUS, GRILL-READY RECIPES MAKE IT EASY TO GET FIRED UP ANY DAY OF THE WEEK.

{ PULL-APART RIBS }

PAGE 186

all recipes tested in the **Family Circle**® kitchens

{ SEA BASS with CREAMY HERB SAUCE }

PAGE 186

WHOLE FILLETS ARE LESS LIKELY TO FALL APART WHEN FLIPPED.

{ SKIRT STEAK PITAS }

PAGE 186

{ GRILLED CHICKEN PIZZA }

MAKES 6 servings
PREP 15 minutes **GRILL** chicken for 15 minutes, pizza for 6 minutes

CHICKEN

- 1 **cup fresh basil leaves, torn**
- 2 **tablespoons olive oil**
- 2 **tablespoons vinegar**
- ¼ **teaspoon salt**
- ¼ **teaspoon pepper**
- 1 **pound boneless, skinless chicken breast halves**

CRUST AND TOPPINGS

- 1 **pound frozen pizza dough, thawed in the refrigerator**
- 2 **tablespoons olive oil**
- ½ **cup jarred pizza sauce (such as Ragú)**
- 2 **cups shredded mozzarella cheese**
- 2 **tablespoons grated Parmesan or Romano cheese**
- 3 **tablespoons shredded fresh basil leaves**

① Prepare **Chicken.** Combine basil leaves, olive oil, vinegar, salt and pepper in a blender or mini chopper. While blender is running, add ⅓ **cup water.** Continue blending until fairly smooth. Place chicken in a glass dish and add contents of blender. Let stand while heating grill.

② **Crust and Toppings.** Divide thawed dough in half. Roll each half on a lightly floured surface to a 9-inch circle. Let rest.

③ Heat gas grill to medium-high or coals in charcoal grill to medium hot. Grill chicken for 15 minutes or until cooked through, turning once. Remove to a cutting board and slice into bite-size pieces.

④ Brush pizza doughs with some of the olive oil. Transfer doughs, oil-side down, onto grill. Brush dough tops with olive oil. Cover and grill 3 minutes. Using tongs and a spatula, flip over doughs. Working quickly, spread ¼ cup pizza sauce on each pie. Top with mozzarella. Cover and grill 2 minutes. Uncover and divide grilled chicken between pies. Grill 1 minute. Remove pizzas to cutting board and top with grated cheese and fresh basil and serve.

PER SERVING 401 calories; 16 g fat (6 g sat.); 32 g protein; 35 g carbohydrate; 1 g fiber; 680 mg sodium; 75 mg cholesterol

Food styling: Liza Jernow. Prop styling: Loren Simons.

{ SALMON BURGERS }

MAKES 4 burgers
PREP 15 minutes **GRILL** 10 minutes

- 1¼ pounds salmon fillet
- 2 scallions, trimmed and roughly chopped
- 2 tablespoons chopped fresh dill
- 1 teaspoon lemon zest
- ⅓ cup panko bread crumbs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup tartar sauce
- 1½ cups shredded lettuce
- 6 whole-wheat hamburger buns

① Remove skin from salmon fillet: With a sharp knife, cut a small corner of the skin away from the flesh. Then, gently pull and slice off remaining skin, trying to keep as much flesh intact to make the burgers. Discard skin; coarsely chop salmon.

② Heat gas grill to medium-high or coals in charcoal grill to medium hot. Transfer salmon to a food processor, along with scallions, 1 tablespoon of the dill, the lemon zest, panko, salt and pepper. Pulse until salmon is the consistency of ground beef but still has some shape. Do not overprocess.

③ Form mixture into 4 patties, each about 3½ inches in diameter. Coat patties with nonstick cooking spray. Grill patties 5 minutes. Flip over and continue to grill another 5 minutes.

Meanwhile, stir remaining tablespoon of the dill into tartar sauce. Divide lettuce evenly among buns. Top each with a burger patty and 1 tablespoon tartar sauce.

PER BURGER 485 calories; 18 g fat (3 g sat.); 39 g protein; 42 g carbohydrate; 6 g fiber; 720 mg sodium; 95 mg cholesterol

JUICY SALMON PATTIES ARE PERFECT FOR A SPEEDY SUPPER WHEN PREPPED THE NIGHT BEFORE.

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Find more no-guilt dinner ideas at familycircle.com/healthyfamilydinners

{ LONDON BROIL with RICE SALAD }

MAKES 6 servings **PREP** 15 minutes
MICROWAVE 5 minutes **GRILL** 12 minutes

STEAK AND DRESSING

- ¼ **cup raspberry vinegar**
- 2 **teaspoons honey mustard**
- ½ **teaspoon chili powder**
- ¼ **teaspoon salt**
- ¼ **teaspoon pepper**
- ¼ **teaspoon sugar**
- ¼ **cup olive oil**
- 1 **London broil steak (about 1¼ pounds)**

RICE SALAD

- 1 **bag (10 ounces) steam-in-bag rice and mixed veggies (such as Birds Eye Steamfresh)**
- 1 **sweet red pepper, cored and diced**
- 3 **scallions, trimmed and sliced**
- ½ **cup sliced seasoned almonds**
- ½ **cup goat cheese crumbles**

① Heat gas grill to medium-high or coals in charcoal grill to medium hot. **Steak and Dressing.** In small bowl, whisk together the vinegar, honey mustard, chili powder, salt, pepper and sugar. While whisking, add olive oil in a thin stream. Place ¼ cup of the dressing in a glass dish with the steak. Marinate at room temp while heating grill.

② **Rice Salad.** Microwave rice and veggies 3 to 5 minutes, as per package directions. Pour into bowl and add sweet red pepper and scallions. Whisk remaining dressing and stir into rice mixture. Gently stir in almonds and cheese.

③ Add steak to grill; cover and grill 7 minutes. Uncover and turn over steak. Grill an additional 5 minutes or to desired doneness. Let steak rest 5 minutes before slicing.

PER SERVING 357 calories; 21 g fat (5 g sat.); 25 g protein; 16 g carbohydrate; 2 g fiber; 208 mg sodium; 43 mg cholesterol

peas for the picking

Even picky eaters pick sugar snap peas. Could it be these luscious legumes were created for kids? Snap peas are the sweetest veggies in the garden, the youngest veggies in the world (born in the '70s) and they're wonderfully fun to eat. A creamy dip like Hidden Valley® Original Ranch® will keep young hands picking more and more.

Break open their perfect package and these veggies have something to say. "Snap!" is the sound they make and how they got their name. Then eat the whole crunchy pod or savor the little morsels individually. Peas are plump with vitamins C, K and A, which nourish immune systems, bones and blood.

You've got lots of choices in preparing snap peas: stir fried in garlic, baked in casseroles or fresh in a salad. It seems that getting good nutrition, sweet taste and lots of fun in one veggie ... is a snap.

HIDDEN VALLEY® RECIPE

Garden Vegetable Dip the perfect pick for veggies

Active time: 15 minutes. Total time: 1 hour 15 minutes. Servings: 2 cups.

1 packet Hidden Valley® Original Ranch® Dips Mix
1 16-ounce container of regular or low-fat sour cream
Stir in one of the following ingredients:
¾ cup diced fresh tomatoes or
¼ cup chopped green onions or
¼ cup chopped ripe olives

Instructions:

Combine Dips Mix with sour cream. Stir in tomatoes, onions or olives. Chill at least 1 hour. Serve with sugar snap peas, baby carrots, sliced bell peppers or other dippable vegetables.

Enjoy over 70 more dip recipes.

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NI-15602

*Data rates may apply

SEASON PORK TENDERLOIN WITH SPICE RUB UP TO A DAY IN ADVANCE.

{ SPICE-RUBBED PORK TENDERLOIN }

MAKES 4 servings **PREP** 15 minutes
MARINATE at least 2 hours or overnight
GRILL 15 minutes **COOK** 3 minutes

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cumin
- 1¼ pounds pork tenderloin
- 1 can (14½ ounces) reduced-sodium chicken broth
- 1 small onion, peeled and chopped
- ½ cup pomegranate-infused dried cranberries
- 1 cup uncooked couscous
- ½ cup toasted pine nuts

① In a small bowl, mix together garlic powder, onion powder, ½ teaspoon of the salt, black pepper, cinnamon and cumin. Reserve 1 teaspoon of the spice blend. Rub the remainder over the pork tenderloin and place in a resealable plastic bag. Refrigerate for at least 2 hours or overnight.

② Heat gas grill to medium-high or coals in charcoal grill to medium hot. Lightly coat grill rack with oil or cooking spray. Grill 14 to 15 minutes, turning twice, or until internal temperature registers 150° on an instant-read thermometer. Remove from grill and let rest 5 minutes before slicing.

③ Place chicken broth and onion in a saucepan. Bring to a boil; simmer 3 minutes. Stir in reserved rub, remaining ¼ teaspoon salt, cranberries and couscous; cover and let stand 5 minutes. Fluff with fork, garnish with pine nuts and serve with pork.

PER SERVING 455 calories; 11 g fat (2 g sat.); 37 g protein; 50 g carbohydrate; 4 g fiber; 717 mg sodium; 92 mg cholesterol

PORK CHOPS & COLA SAUCE

MAKES 4 servings **PREP** 10 minutes
COOK 20 minutes **GRILL** 12 minutes

- 1 can (12 ounces) cola (not diet)
- 1 cup ketchup
- ¼ cup cider vinegar
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 4 bone-in pork chops (about 6 ounces each)
- 1 pound sweet potatoes, scrubbed and cut into ½-inch-thick slices

① Place cola, ketchup, vinegar, onion powder, garlic powder and black pepper in a medium-size saucepan. Simmer until sauce is reduced to 1 cup, about 20 minutes. Take off heat and reserve.

② Heat gas grill to medium-high or coals in charcoal grill to medium-hot. Lightly coat grill rack with oil or cooking spray.

③ Grill pork chops and sweet potatoes 4 minutes per side; generously brush both sides with ¾ cup of cola sauce and grill additional 2 minutes per side.

④ Serve pork chops and sweet potatoes with remaining sauce, if desired.

PER SERVING 424 calories; 8 g fat (3 g sat.); 38 g protein; 50 g carbohydrate; 3 g fiber; 672 mg sodium; 106 mg cholesterol

Dipping Sauce. Try our beef, chicken and veggie skewers with a variety of sauces. Bottled dressing is the easiest, or blend basil or sundried tomato pesto with a little light mayo.

MIXED GRILL KABOBS

MAKES 12 kabobs (6 servings)
PREP 15 minutes **MARINATE** 30 minutes
MICROWAVE 2 minutes **GRILL** 8 minutes

BEEF KABOBS

- 1 pound sirloin, cut into 1½-inch pieces
- ⅓ cup light Vidalia onion salad dressing (such as Ken's)
- 1 green pepper, cored and cut into pieces
- ½ yellow pepper, cored and cut into pieces
- 1 red onion, peeled and cut into 1-inch half wedges
- 18 cherry tomatoes, rinsed

CHICKEN KABOBS

- 1 pound boneless, skinless chicken breasts, cut into 1½-inch pieces
- ⅓ cup light Vidalia onion salad dressing (such as Ken's)
- 1 medium zucchini, trimmed, halved lengthwise and cut into ½-inch rounds or pieces
- 1 *each* sweet orange and red pepper, cored and cut into pieces
- ½ yellow pepper, cored and cut into 1-inch pieces

① Soak a dozen 12-inch bamboo skewers in warm water. **Beef kabobs.** Combine steak and dressing in a resealable plastic bag. Refrigerate to marinate, 30 minutes. Place peppers and onion in one side of a microwave-safe dish. Set aside.

② **Chicken kabobs.** Combine chicken and dressing in a resealable plastic bag. Refrigerate to marinate, 30 minutes. Add zucchini and peppers to dish with peppers and onion. Cover with plastic, venting one corner. Microwave 2 minutes to soften vegetables.

③ Heat gas grill to medium-high or coals in charcoal grill to medium hot. Begin threading kabobs. **Beef Kabobs**: Thread 1 beef cube, 1 piece onion, 1 tomato and 1 pepper piece onto a skewer. Continue threading until you have filled a total of 6 skewers. **Chicken Kabobs**: Thread chicken, pepper piece, zucchini and a different color pepper piece onto a skewer. Continue threading to fill 6 skewers.

④ Grill chicken kabobs 4 minutes per side, until cooked through, beef kabobs for 3 minutes per side until cooked through. Serve both kabobs with dipping sauce.

PER SERVING 327 calories; 11 g fat (2 g sat.); 39 g protein; 18 g carbohydrate; 3 g fiber; 188 mg sodium; 83 mg cholesterol

APRICOT-GLAZED TURKEY BREAST

MAKES 6 servings **PREP** 15 minutes
GRILL 50 minutes

POTATOES

- 6 Idaho baking potatoes (6 ounces each), scrubbed
- 1 cup chopped onion
- 6 tablespoons unsalted butter
- ½ teaspoon salt
- ⅛ teaspoon black pepper

TURKEY

- ⅓ cup apricot preserves
- 1 tablespoon Dijon mustard
- 1 tablespoon low-sodium soy sauce
- ½ teaspoon ground ginger
- 1 boneless, skinless turkey breast half (about 2½ pounds)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper

① Heat half of a gas grill to medium-high or coals in charcoal grill to medium-hot with coals stacked to one side for indirect grilling. Lightly coat grill rack with cooking oil or cooking spray.

② **Potatoes:** Cut potatoes in half lengthwise, almost all the way through so they will open like a book. Place an equal amount of onion in each and a pat of butter. Season with salt and pepper. Press closed and wrap tightly in foil. Place on the grill over direct heat. Grill with lid closed for 35 to 45 minutes.

③ **Turkey:** In a medium-size bowl, stir together preserves, mustard, soy sauce and ginger. Reserve ¼ cup for serving.

④ Brush turkey breast with olive oil and season with salt and pepper. Cover and grill over indirect heat for 30 minutes. Turn after 15 minutes. Brush with remaining apricot-mustard mixture and grill additional 15 to 20 minutes or until internal temperature registers 160° on an instant-read thermometer.

⑤ Serve turkey and potatoes with reserved glaze on the side.

PER SERVING 472 calories; 13 g fat (8 g sat.); 48 g protein; 41 g carbohydrate; 3 g fiber; 629 mg sodium; 154 mg cholesterol

SKIRT STEAK PITAS

MAKES 4 servings **PREP** 15 minutes
MARINATE at least 1 hour **GRILL** 6 minutes

- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons dried Greek seasoning (such as McCormick)
- 1 teaspoon brown sugar
- 1 pound skirt steak
- 1 container (7 ounces) 2% Greek yogurt
- 2 ounces reduced-fat feta cheese, crumbled
- 4 Roma tomatoes, about 1 pound total, cut in half from top to bottom
- 1 large red onion, peeled and cut into ½-inch slices
- 4 whole-wheat pitas
- 1 cup shredded lettuce

① In a small bowl, blend olive oil, vinegar, mustard, 1 teaspoon of the Greek seasoning and brown sugar. Reserve 3 tablespoons of the mixture. Place the remainder in a large resealable plastic bag. Add the steak and marinate in the refrigerator for one to 4 hours.

② In a second small bowl, mix together the yogurt and feta; cover and refrigerate until ready to use.

③ Heat gas grill to medium-high or coals in charcoal grill to medium hot. Lightly coat grill rack with oil or cooking spray.

④ Brush tomatoes and onion with some of the reserved oil and wine mixture. Place tomatoes on grill, cut-side down along with onion slices. Grill for 3 minutes; turn, brush with remaining oil mixture and grill tomatoes for additional 2 minutes and onions for 3 minutes, until tender. Remove to a plate and keep warm.

⑤ Remove steak from resealable bag and grill about 2 minutes per side or until internal temperature reaches 130° on an instant-read thermometer for medium-rare. Remove from grill and allow to stand 2 minutes before thinly slicing.

⑥ Serve pita slightly warmed and layer with lettuce, yogurt mixture and sliced steak. Accompany with grilled tomatoes and onion.

PER SERVING 555 calories; 25 g fat (8 g sat.); 37 g protein; 48 g carbohydrate; 7 g fiber; 876 mg sodium; 62 mg cholesterol

SEA BASS WITH CREAMY HERB SAUCE

MAKES 4 servings **PREP** 15 minutes
GRILL 10 minutes

SAUCE

- ½ cup reduced-fat sour cream
- ¼ cup reduced-fat mayonnaise
- 2 scallions, trimmed and chopped
- 1 tablespoon red wine vinegar
- 1 teaspoon Mrs. Dash Garlic & Herb salt-free seasoning blend
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

VEGETABLES & FISH

- 1 pound asparagus, trimmed
- 2 large red sweet peppers, cored, seeds removed and cut into ½-inch strips
- 2 large summer squash, ends trimmed and cut into ¼-inch planks
- 1½ pounds sea bass
- 2 tablespoons olive oil
- 2 tablespoons Mrs. Dash Garlic & Herb salt-free seasoning blend
- ⅛ teaspoon salt

① **Sauce.** In a medium-size bowl, stir together sour cream, mayonnaise, scallions, vinegar, seasoning blend, salt and black pepper. Cover and refrigerate until ready to serve.

② **Vegetables & Fish.** Heat gas grill to medium-high or coals in charcoal grill to medium hot. Lightly coat grill rack with oil or cooking spray.

③ Brush asparagus, peppers, squash and fish with oil. Sprinkle all sides with the seasoning blend. Grill vegetables about 8 to 10 minutes, turning as needed so vegetables do not burn. Grill fish flesh-side down 5 minutes. Turn and grill additional 3 minutes or until cooked through.

④ Sprinkle fish and vegetables with ⅛ teaspoon salt and serve with sauce.

PER SERVING 375 calories; 17 g fat (4 g sat.); 38 g protein; 36 g carbohydrate; 5 g fiber; 419 mg sodium; 89 mg cholesterol

PULL-APART RIBS

MAKES 1 rack ribs (about 14) **PREP** 15 minutes **SLOW COOK** on LOW for 9 hours
COOK 5 minutes **GRILL** 6 minutes

RUB AND RIBS

- 2 tablespoons dry mustard
- 2 tablespoons paprika
- 1 tablespoon dried oregano
- 1 teaspoon seasoned salt
- 1 tablespoon sugar
- 2 teaspoons black pepper
- 1 full rack pork spare ribs (about 4 pounds)
- 1 bottle (12 ounces) beer or 1½ cups beef broth

SAUCE

- ⅓ cup packed light-brown sugar
- ⅓ cup cider vinegar
- 3 tablespoons ketchup

① **Rub.** In small bowl, stir together dry mustard, paprika, oregano, seasoned salt, sugar and pepper.

② **Ribs.** Remove ribs from packaging; rinse in cool water. Pat dry with paper towels. Cut rack in thirds.

③ Season ribs with ¼ cup of the dry rub, pressing on with your hands. Pour beer or broth and **1½ cups water** into slow cooker. Stack ribs in cooker and cover. Slow cook on LOW for 9 hours.

④ Heat gas grill to medium-high or coals in charcoal grill to medium hot. **Sauce.** Place remaining rub, brown sugar, vinegar and ketchup in a small saucepan. Bring to a boil over high heat. Reduce heat to medium and simmer 5 minutes, stirring frequently.

⑤ Carefully remove ribs from slow cooker. Baste with sauce. Grill ribs 6 minutes, turning after 3 minutes.

PER RIB 278 calories; 19 g fat (7 g sat.); 18 g protein; 8 g carbohydrate; 1 g fiber; 203 mg sodium; 73 mg cholesterol ●

OLD SCHOOL SWEETS

RETRO DESSERTS—think Coconut Custard Pie, Sticky Toffee Pudding and Black & White Cookies—that taste delightfully modern.

STICKY TOFFEE PUDDING
PAGE 192

BY CINDY HELLER • PHOTOGRAPHY BY ALEXANDRA GRABLEWSKI

BLACK & WHITE COOKIES
PAGE 193

FUDGE NUT BROWNIES

MAKES 16 servings **PREP** 15 minutes **MICROWAVE** 1 minute, 30 seconds **BAKE** at 350° for 30 minutes **LET SET** at least 2 hours

- **1 cup all-purpose flour**
- **¼ cup cocoa powder**
- **½ teaspoon baking powder**
- **½ teaspoon salt**
- **8 ounces bittersweet chocolate, chopped**
- **½ cup (1 stick) unsalted butter, cut into pieces**
- **1¼ cups sugar**
- **2 eggs**
- **¾ cup chopped pecans**
- **1 tablespoon vegetable oil**
- **2 teaspoons sugar**
- **16 pecan halves, for garnish**

① Heat oven to 350°. Line a 9 x 9 x 2-inch baking pan with nonstick foil, overhanging short ends.

② Whisk together flour, cocoa powder, baking powder and salt; set aside.

③ In a large microwave-safe bowl, combine 4 ounces of the chocolate and the butter. Microwave for 1 minute. Stir and microwave for 30 seconds more. Stir until smooth.

④ Stir sugar into chocolate mixture, then stir in eggs until well blended. Stir in flour mixture and chopped pecans until just blended. Pour into prepared pan and bake at 350° for 30 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Use foil to lift brownie from pan; cool completely on a wire rack.

⑤ Combine remaining 4 ounces chocolate, oil and sugar in a small bowl and microwave for 45 seconds or until melted; let cool 5 minutes, then spread onto brownie. Allow to set for at least 2 hours. Cut into squares; top with pecan halves.

PER SERVING 280 calories; 19 g fat (7 g sat.); 4 g protein; 31 g carbohydrate; 2 g fiber; 95 mg sodium; 41 mg cholesterol

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For a bonus Banana Bread Pudding recipe, visit **familycircle.com/oldschoolsweets**

COCONUT CUSTARD PIE

MAKES 8 servings **PREP** 15 minutes
BAKE at 400° for 18 minutes
COOK 12 minutes **CHILL** at least 4 hours

- **1 unbaked piecrust (from a 14.1-ounce package)**
- **½ cup sugar**
- **⅓ cup cornstarch**
- **¼ teaspoon salt**
- **1 cup milk**
- **1 can (14.5 ounces) coconut milk**
- **4 egg yolks**
- **½ teaspoon coconut extract**
- **⅔ cup toasted shredded coconut**

① Heat oven to 400°. Fit pastry into a 9-inch pie plate. Prick with fork several times then bake crust at 400° for 18 minutes or until lightly browned; place on wire rack to cool completely.

② Whisk together sugar, cornstarch and salt in a medium-size saucepan.

③ Gradually whisk in milk and coconut milk. Whisk in egg yolks and coconut extract. Place over medium heat and cook for about 9 minutes, stirring occasionally, or until bubbles form. Reduce heat to low and cook 3 more minutes or until thickened.

④ Pour custard into cooled crust and smooth top. Cover and place in refrigerator for at least 4 hours or overnight. Sprinkle with toasted coconut and serve.

PER SERVING 273 calories; 13 g fat (7 g sat.); 4 g protein; 36 g carbohydrate; 0 g fiber; 209 mg sodium; 110 mg cholesterol

Food styling: Sara Neumeier. Prop styling: Loren Simons.

CARAMEL APPLE CAKE

MAKES 16 servings
PREP 15 minutes
BAKE at 350° for 45 minutes

- **3 Granny Smith apples (8 ounces each), peeled, cored and cut into ¼-inch-thick slices**
- **3 tablespoons lemon juice**
- **¼ cup raisins**
- **½ teaspoon cinnamon**
- **⅛ teaspoon nutmeg**
- **1 cup all-purpose flour**
- **1 teaspoon baking powder**
- **¼ teaspoon baking soda**
- **¼ teaspoon salt**
- **1 egg**
- **⅔ cup dark-brown sugar**
- **½ cup milk**
- **¼ cup (½ stick) unsalted butter, melted, plus 2 tablespoons cold unsalted butter**
- **1 teaspoon vanilla extract**
- **⅔ cup caramel sauce**
- **Whipped cream (optional)**

① Heat oven to 350°. Coat an 8 x 8 x 2-inch baking dish with nonstick cooking spray.

② Place apples in bottom of baking dish; drizzle with lemon juice. Top with raisins, cinnamon and nutmeg.

③ In large bowl, whisk flour, baking powder, baking soda and salt. In a small bowl, blend egg, sugar, ¼ cup of the milk, the melted butter and vanilla.

④ Make a well in the center of the flour mixture and stir in egg mixture. Pour batter over apples in baking dish.

⑤ In a small saucepan, combine remaining ¼ cup milk, 2 tablespoons butter and caramel sauce; bring to a boil, then remove from heat and pour over batter in baking dish.

⑥ Bake at 350° for 40 to 45 minutes or until toothpick tests clean. Spoon out servings and serve with whipped cream, if desired.

PER SERVING 325 calories; 9 g fat (6 g sat.); 3 g protein; 60 g carbohydrate; 2 g fiber; 275 mg sodium; 49 mg cholesterol

SHARE OUR STRENGTH NEEDS YOU to host a bake sale to help put an end to childhood hunger. Visit greatamericanbakesale.org to register your event. You'll receive a free starter kit, including a how-to booklet, a poster and a donation envelope—you can even join the *Family Circle* group. Then form a team, schedule your day and spread the word.

STICKY TOFFEE PUDDING

MAKES 8 servings **PREP** 15 minutes
BAKE at 350° for 30 minutes
COOK 3 minutes

CAKES

- **1½ cups all-purpose flour, plus more for dusting**
- **1 cup pitted dates, chopped**
- **1 teaspoon baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **1 cup light-brown sugar**
- **2 eggs**
- **1¼ teaspoons vanilla extract**
- **6 tablespoons unsalted butter, melted**

TOFFEE SAUCE

- **¼ cup (½ stick) unsalted butter**
- **½ cup light-brown sugar**
- **⅓ cup heavy cream**

Vanilla ice cream (optional)

① Heat oven to 350°. Coat eight 4-ounce ramekins with nonstick cooking spray then dust with flour; set aside.

② **Cakes.** Cover half of dates with ½ **cup very hot water**; soak for 5 minutes, Drain dates, reserving liquid. In a medium-size bowl, whisk together flour, baking powder, baking soda and salt; set aside.

③ Pulse remaining dates and brown sugar in a food processor until blended. Add reserved hot water, eggs, vanilla and butter to food processor and pulse until blended. Add to softened dates.

④ Stir flour mixture into date mixture. Divide batter among ramekins, a scant ½ cup in each. Place ramekins on a baking sheet and bake at 350° for 30 minutes or until a toothpick inserted in centers tests clean. Remove to a wire rack; cool 10 minutes. Run a thin knife around ramekin edges and remove cakes.

⑤ **Toffee Sauce.** Melt butter in a small saucepan over medium heat. Whisk in sugar, then stir in heavy cream; simmer for 3 minutes. Remove from heat and keep warm. Drizzle cakes with sauce and serve with vanilla ice cream, if desired.

PER SERVING 485 calories; 20 g fat (12 g sat.); 5 g protein; 75 g carbohydrate; 2 g fiber; 169 mg sodium; 106 mg cholesterol

BLACK & WHITE COOKIES

MAKES 8 servings
PREP 20 minutes
BAKE at 350° for 13 minutes

COOKIES

- 1¼ **cups all-purpose flour**
- ½ **teaspoon baking soda**
- ½ **teaspoon salt**
- ½ **cup granulated sugar**
- ⅓ **cup unsalted butter, softened**
- 1 **egg**
- ⅓ **cup buttermilk**

BLACK AND WHITE ICING

- 2 **cups confectioners' sugar**
- 3 **tablespoons plus 2 teaspoons milk**
- ½ **teaspoon vanilla extract**
- 2 **tablespoons cocoa powder**

① **Cookies.** Heat oven to 350°. Cover 2 baking sheets with nonstick aluminum foil; set aside.

② In medium-size bowl, combine flour, baking soda and salt. In large bowl, beat together sugar and butter until smooth and creamy, about 1 minute. Beat in egg until well combined. On low speed, alternately beat in flour mixture and the buttermilk, beginning and ending with flour mixture.

③ Drop ¼ cupfuls of dough onto prepared baking sheets, spacing 3 inches apart and spreading into large circles, about 4 inches across.

④ Bake at 350° for 13 minutes or until toothpick inserted in centers tests clean. Remove cookies to rack to cool.

⑤ **Black and White Icing.** In medium-size bowl, stir together confectioners' sugar, 3 tablespoons milk and vanilla until smooth but thick enough to coat cookie. Set aside ½ cup icing in small bowl; stir cocoa powder and remaining 2 teaspoons milk into bowl until smooth.

⑥ Turn over cookies. Spread white icing over one half of each cookie, and chocolate icing over other half. Let stand at room temp until set, about 1 hour.

PER SERVING 323 calories; 9 g fat (5 g sat.); 4 g protein; 59 g carbohydrate; 1 g fiber; 248 mg sodium; 47 mg cholesterol ●

SUMMER FAVORITES

BBQ PORK SANDWICHES

MAKES 8 servings **PREP** 5 minutes
SLOW COOK for 3 hours on HIGH or 5 hours on LOW

- **1 boneless pork loin roast (about 2½ pounds), trimmed and cut in half lengthwise**
- **1¼ cups prepared low-sodium barbecue sauce**
- **4 cups packaged coleslaw mix**
- **½ cup reduced-fat coleslaw dressing**
- **8 hamburger buns**

① Place roast and **1 cup water** in slow cooker. Cover and cook on HIGH for 3 hours or LOW for 5 hours.

② Remove pork from slow cooker and discard water. When cool enough to handle, shred pork into bite-size pieces; discard any excess fat. Stir pork together with barbecue sauce.

③ In another bowl, stir together coleslaw mix and dressing. Place ½ cup pork mixture on each bun and top each with ½ cup coleslaw. Serve immediately.

PER SERVING 456 calories; 16 g fat (5 g sat.); 31 g protein; 47 g carbohydrate; 2 g fiber; 1,050 mg sodium; 74 mg cholesterol

FRUIT COMPOTE

MAKES 6 servings **PREP** 15 minutes
SLOW COOK for 3¾ hours on HIGH or 5¾ hours on LOW

- **3 cups fresh pineapple chunks**
- **2 medium-size pears, peeled, cored and cut into ½-inch chunks (about 2 cups)**
- **2 cups frozen sliced peaches**
- **1 cup frozen pitted cherries**
- **¾ cup dried apricots, quartered**
- **⅔ cup frozen orange juice concentrate, thawed**
- **1 tablespoon packed dark-brown sugar**
- **1 teaspoon vanilla extract**
- **2 tablespoons cornstarch**
- **½ cup sliced almonds, toasted**
- **Vanilla ice cream (optional)**

① Combine pineapple, pears, peaches, cherries, apricots, orange juice, brown sugar and vanilla extract in a slow cooker insert. Cover and cook on HIGH for 3½ hours or LOW for 5½ hours.

② Uncover and remove 2 tablespoons liquid. In a small bowl, stir together liquid and cornstarch. Stir cornstarch mixture back into slow cooker; cook 15 minutes more or until thickened. Sprinkle with almonds. Serve warm with ice cream, if desired.

PER SERVING 139 calories; 2 g fat (0 g sat.); 2 g protein; 29 g carbohydrate; 3 g fiber; 3 mg sodium; 0 mg cholesterol

Photos (from top): Kate Mathis; Tina Rupp.

RATATOUILLE

MAKES 6 servings **PREP** 15 minutes
LET STAND 20 minutes **SLOW COOK** for 3 hours on HIGH or 5 hours on LOW

- 1 small eggplant (about 1 pound), peeled and cut into ½-inch cubes
- ⅛ teaspoon plus ¼ teaspoon salt
- 1 medium-size red onion, chopped
- 2 medium-size sweet bell peppers, seeded and cut into ¾-inch pieces
- 1 package (10 ounces) mushrooms, cleaned and quartered
- 1 can (14.5 ounces) diced tomatoes
- 1 can (8 ounces) tomato sauce
- ¾ teaspoon black pepper
- ½ teaspoon Italian seasoning
- 1 medium-size yellow squash, quartered and cut into ¾-inch pieces
- 1 tablespoon fresh chopped basil
- Olive oil, for drizzling (optional)

① Place eggplant in a strainer and sprinkle with ⅛ teaspoon salt; let stand for 20 minutes and press out as much liquid as possible.

② In a 4- to 5-quart slow cooker, combine eggplant, onion, bell peppers and mushrooms. Drain diced tomatoes and stir in along with tomato sauce, black pepper and Italian seasoning. Cook on HIGH for 3 hours or LOW for 5 hours.

③ Add squash to slow cooker for last 45 minutes of cooking time. Before serving, stir in basil and remaining ¼ teaspoon salt. Drizzle with olive oil, if desired.

PER SERVING 82 calories; 0 g fat (0 g sat.); 5 g protein; 18 g carbohydrate; 6 g fiber; 446 mg sodium; 0 mg cholesterol

See all our slow cooker recipes at familycircle.com/slowcooker

MOLASSES BAKED BEANS

MAKES 10 servings **PREP** 10 minutes
COOK 15 minutes **SLOW COOK** for 5 hours on HIGH or 6½ hours on LOW

- **1 pound navy beans, picked over, rinsed and soaked overnight**
- **½ tablespoon baking soda**
- **4 slices bacon, finely chopped**
- **1 medium-size onion, finely chopped**
- **¼ cup molasses**
- **¼ cup packed dark-brown sugar**
- **2 cups boiling water**
- **2 teaspoons dry mustard**
- **1 teaspoon cider vinegar**
- **½ teaspoon salt**
- **½ teaspoon black pepper**

① Drain beans; place in a large saucepan. Cover with water by 2 inches; stir in baking soda. Bring to a boil over medium-high heat; boil for 15 minutes, skimming off any foam that accumulates.

② Meanwhile, heat a 10-inch nonstick skillet over medium-high heat. Add bacon to skillet; cook 4 minutes, stirring occasionally. Add onion to pan; cook 5 more minutes, stirring almost constantly.

③ Drain beans and transfer to slow cooker insert. Top with bacon mixture. Stir in molasses, sugar, boiling water and 1 teaspoon of the dry mustard. Cover; cook on HIGH for 5 hours or LOW for 6½ hours.

④ Remove cover; stir in remaining 1 teaspoon dry mustard, the cider vinegar, salt and pepper; serve immediately.

PER SERVING 261 calories; 6 g fat (2 g sat.); 11 g protein; 42 g carbohydrate; 7 g fiber; 238 mg sodium; 8 mg cholesterol

Photos (clockwise from top left): Alexandra Grablewski (2); Tina Rupp.

ALL-AMERICAN CHILI

MAKES 6 servings **PREP** 10 minutes
SLOW COOK for 4 hours on HIGH or 6 hours on LOW

- **1½ pounds lean ground beef**
- **2 onions, chopped**
- **1 yellow bell pepper, seeded and chopped**
- **2 garlic cloves, minced**
- **2 cans (15.5 ounces each) kidney beans, drained and rinsed**
- **1 can (14.5 ounces) diced tomatoes, drained**
- **1 can (8 ounces) no-salt-added tomato sauce**
- **1 cup low-sodium chicken broth**
- **3 tablespoons chili powder**
- **1 teaspoon ground cumin**
- **1 teaspoon dried oregano**
- **½ teaspoon salt**
- **1 box (8.5 ounces) corn bread mix, prepared according to package directions (optional)**

① Combine beef, onions, pepper, garlic, beans, tomatoes, tomato sauce, broth, 2 tablespoons of the chili powder, and ½ teaspoon *each* of the cumin and the oregano in slow cooker. Cover and cook on HIGH for 4 hours or LOW for 6 hours.

② Remove cover and stir in remaining 1 tablespoon chili powder, ½ teaspoon *each* cumin and oregano and the salt. Serve with corn bread, if desired.

PER SERVING 353 calories; 7 g fat (3 g sat.); 35 g protein; 37 g carbohydrate; 13 g fiber; 710 mg sodium; 71 mg cholesterol ●

BUYER'S GUIDE

•from the editor

ORLANDO VACATION MAKEOVER CONTEST

Page 8: No purchase necessary to enter or win. Subject to Official Rules and entry at familycircle.com/orlando. The Orlando Vacation Makeover Contest begins at 12:01 a.m. e.t. on April 5, 2011 and ends at 11:59 p.m. e.t. on June 6, 2011. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid e-mail address. Void where prohibited. Sponsor: Meredith Corporation.

•home

Most items pictured but not listed are from private collections.

DIY

Page 49: Milk paint (from $11) and Mylands wax ($15), **The Real Milk Paint Company,** realmilkpaint.com. Paint and varnish stripper, **Citristrip,** homedepot.com, from $8.50. Foam brushes available at craft stores.

•style

Shot on location in Playa Del Carmen at CondoHotelsPlayaDelCarmen.com. Toll free (USA) 866-479-2738.

STYLE NEWS

Page 112: The Clash: Top, **WDNY,** 212-395-9309 for locations, $58. Pants, **OMO Norma Kamali,** normakamali.com, $230. My Bare Lady: **Nair,** drugstores, $9.50. **Veet,** drugstores, $10. **Sally Hansen,** drugstores, $8. **Schick,** drugstores, $9.50. Eyeliners: **NYX,** nyxcosmetics.com, $13. **Too Faced,** Ulta stores and ulta.com, $38. **Physicians Formula,** drugstores, $11. **Line n Grow,** drugstore.com, $40.

WISH LIST

Page 114: Chico's, Chico's stores, $68. **Curations with Stefani Greenfield,** hsn.com, $40. **Charlotte Russe,** Charlotte Russe stores, $19.50. **Talbots,** Talbots stores and talbots.com, $129. **Needham Lane,** needhamlane.com, $48. **Carolee,** carolee.com, $45. **Old Navy,** oldnavy.com, $29.50. **Nine West,** 800-999-1877 for stores, $99. **Sonia Kashuk,** Target stores and target.com, $10.

MAKE A SPLASH

Page 118: Breaking the Waves: Tankini, **Trina Turk,** 760-416-2856, $119 (top) and $67 (bottom). Hat, **San Diego Hat Co.,** sandiegohat.com, $36. Earrings and bracelet, **Lucky Brand,** Lucky Brand stores and luckybrand.com, $25 and $69. Bikini, **Nanette Lepore,** neimanmarcus.com, $75 (top) and $71 (bottom). Hat, **San Diego Hat Co.,** sandiegohat.com, $36. Earrings, cuff and stretch bracelet, **R.J. Graziano,** 212-685-1248, $75, $65 and $45. One-piece, **Echo,** echodesign.com, $118. Tunic, **Kenneth Cole New York,** everythingbutwater.com, $74. Hat, **Tropical Trends,** 800-367-3626, $25. Earrings, **R.J. Graziano,** 212-685-1248, $75. Bracelet, **Lucky Brand,** Lucky Brand stores and luckybrand.com, $45.
Page 119: On Deck: Bikini, **Sears,** Sears stores and sears.com, $15 each. Earrings, **Sequin,** 212-398-7363, $98. Bag, **Ondade Mar,** hillaryrush.com, $230. Swimdress, **Miraclesuit,** cyberswim.com, $164. Earrings, **Sequin,** 212-398-7363, $58. Bracelet, **Lucky Brand,** Lucky Brand stores and luckybrand.com, $62. One-piece, **La Blanca,** nordstrom.com, $119. Earrings, cuff and spiral bracelet, **Lenny,** curvesnwaves.com, $97, $161 and $156.
Page 120: Beach Babes: Bikini, **Voda Swim,** vodaswim.com, $132. Earrings, **Theodora & Callum,** theodoraandcallum.com, $75. Tankini, **La Blanca,** swimnsport.com for locations, $93 (top) and $51 (bottom). Earrings and bracelet, **R.J. Graziano,** 212-685-1248, $25 and $75. One-piece, **Bisou Bisou by JCPenney,** JCPenney stores, $50. Earrings, **Carolee LUX,** carolee.com, $75. Bag, **Cappelli Straworld,** 800-367-3626, $30.
Page 121: Man Overboard: One-piece, **ABS by Allen Schwartz,** anniesez.com, $89. Bikini, **Baltex,** christina.ca, $34 each. Earrings, **Sequin,** 212-398-7363, $38. Tankini, **Kenneth Cole Reaction,** macys.com, $46 (top) and $44 (bottom). Earrings, **Roberta Chiarella,** robertachiarella.com, $32.
Page 122: Water World: Bikini, **Echo,** echodesign.com, $68 (top) and $78 (bottom). Bracelets, **Alex and Ani,** alexandani.com, $158/set. One-piece, **Magicsuit by Miraclesuit,** Macy's stores and macys.com $158. Earrings, **Sequin,** 212-398-7363, $48. Bangles, **Ben-Amun by Isaac Manevitz,** ben-amun.com and 212-944-6480, $25/each. Tankini, **Jessica Simpson,** jessicasimpsoncollection.com, $88. Earrings, **R.J. Graziano,** 212-685-1248, $35. Bangle, **Ben-Amun by Isaac Manevitz,** ben-amun.com and 212-944-6480, $25.
Page 124: Nautical: Nautica, Macy's stores and nautica.com, $66 (top) and $54 (bottom). **Tommy Hilfiger,** swimspot, $101. **Vineyard Vines,** vineyardvines.com, $65 (top) and $60 (bottom). **The Swimdress: La Blanca,** swimnsport.com for locations, $129. **Kenneth Cole,** dillards.com for locations. Aerin Rose, aerinrose.com, $130. **Ruffles:** Bikini, **Kenneth Cole,** blumsli.com for locations, $44 (top) and $46 (bottom). One-piece, **Spanx,** spanx.com, $178. Tankini, **Elle,** kohls.com, $40 each piece. **Exotic:** One-piece, **Eddie Bauer,** eddiebauer.com, $89. Bikini, **ABS by Allen Schwartz,** swimnsport.com for locations, $81 (top) and $85 (bottom). Tankini, **Hobie,** Macy's stores, $36 each piece.

ALL SYSTEMS GLOW

Pages 128–129: Bikini, **Ondade Mar,** southbeachswimsuits.com, $148. Sunglasses, **Corinne McCormack,** eye-bar.com, $75.
Page 130: Suit, **Ondade Mar,** southbeachswimsuits.com. Bangles, **Dinosaur Designs,** 212-680-3523.
Page 132: St. Tropez, sttropeztan.com, $20. **Fake Bake,** Ulta stores, $24. **Victoria's Secret,** Victoria's Secret stores, $14. **L'Oréal Paris,** drugstores, $10.50. **TanTowel,** 3floz.com, $21/5.
Page 133: Jergens, drugstores, $9. **Alba Botanica,** albabotanica.com, $14.50. **Maybelline New York,** drugstores, $5.50. **Physicians Formula,** drugstores, $15. **E.l.f.,** eyeslipsface.com, $3. **Tanee,** thetanee.com, $7.

•food

IN THE KITCHEN WITH REGINA SWEEPSTAKES

Page 168: No purchase necessary to enter or win. Subject to Official Rules and entry at familycircle.com/wingroceries. The In Your Kitchen with Regina Sweepstakes begins at 12 a.m. e.t. on May 1, 2011 and ends at 11:59 p.m. e.t. on June 30, 2011. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per person with a valid e-mail address. Void where prohibited. Sponsor: Meredith Corporation. ●

my family life

→ BY PATTY A. MARTINEZ

David Boreanaz

This 42-year-old is one half of the dynamic duo on TV crime drama *Bones*. Offscreen he's real-life partners with wife Jaime in teaching kids Jaden, 9, and Bella, 1, the importance of family.

Father's Day is just around the corner. What's the best present you've ever received? Bella's still too young, but Jaden has made me some incredible cards, and Jaime once gave me a DVD of family photos set to music.

How do you help out with the kids, despite your TV-star hours? I love bath time and putting the kids to bed. I'm never too tired to get up and make them breakfast, and I drop off Jaden at school every morning I'm not on the set. Even if I have only 10 or 20 minutes to spare, I'm spending them with my kids.

What's one of their "firsts" you've missed because of work? Four years ago Jaden learned to ride his bike on vacation with Jaime in Utah while I was working in L.A. But she took a video of it, and the next day I saw him do it in person. I wish I could be with the kids all the time. I call to say good night, no matter where I am.

Tell us about some memorable moments you've spent with them. It's the little things, like being in the pool or barbecuing together. I love taking Jaden to the Italian market to buy bread or riding bikes with him. As for Bella, I enjoy playing with her in the park, or just seeing her parade around in a new pair of shoes.

What values do you and Jaime hope to instill? We want the kids to learn to be there for each other as brother and sister. Love for family should be the biggest priority in their lives.

Speaking of family, your 10-year anniversary with Jaime is coming up. While you two have had some public ups and downs, you say divorce is not an option. We realized we have a special bond and that's the most important thing. We continue to move forward and have made Saturdays our official night to spend together, since it's tough to connect during the week. It's nice to have some time without the weight of the world on our shoulders.

"Kids grow up so fast. This morning I looked at my son and he seemed more mature than he was two nights ago."

it's all relative

Fame game Before playing an FBI agent on *Bones*, David starred as a bloodsucker on *Buffy the Vampire Slayer* and *Angel*.

Red-hot recipes "Jaime and I love cooking and pairing food with different wines. Next up: learning how to make spicy Indian fare."

Picture perfect "I have photos of my kids in my car, at work, on my night stand—all over the place!"

Rink rat "My idea of 'me time'? Getting on the ice and playing hockey. When I'm out there I forget about everything and just have fun."

Team spirit I was a ball boy for the Pittsburgh Steelers when I was young and also played ice hockey, so Jaden has grown up with those sports. And Bella yells alongside Jaden when they're watching a game and his team scores."

Daddy's little girl "Bella's got me wrapped around her finger. Recently I was in tears on a flight to New York because I couldn't take her."

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